H&E naturist

naked lifestyle ● naked travel ● naked health

Are you decent? How our language deals with nudity

The 15-minute feelgood naked exercise routine

DISCOVERING naturism

Ideas to help you take the plunge

Meet me at the club! An unusual first date

March 2016
£4.20
ISSN 0017-8888

PLUS

Bizarre beaches
Go naked among bunkers and towers



Fat and healthy?
Why we should start to respect our bodies

News and opinion
A capital issue: are you a 'Naturist'?

ON THE COVER

Alais
by Shaun Power, NuNude



EDITORIAL



PHOTO: Charlie Simonds

WELL, HERE WE ARE AT THE MARCH ISSUE ALREADY... A MONTH WHEN A LOT OF SEASONAL NATURIST CLUBS THROW OPEN THEIR DOORS FOR A NEW YEAR, WITH HIGH HOPES OF GOOD WEATHER AND LOTS OF VISITORS. Next month we'll feature a few more closer-to-home venues in our annual April UK Special, but this month Charlie Simonds whets your appetite with an introduction to UK naturism for those who still might be thinking of taking the plunge. Meanwhile, Gary Spence tells his story of how he is so glad he did just that.

There's quite a bit of a 'health' theme to this month's issue, too. As the panel below explains, 'H&E' originally stood for 'health and efficiency', and if you read my Archives column each month you'll know that older editions were dominated by holistic health articles, and were full of ads for all sorts of remedies, some of them boasting rather dubious miracle cures. But I like to see health-related content in *H&E*, as I think it should go hand-in-hand with naturism and is true to the magazine's original ideals – that the enjoyment of being naked in the sun and air made your body work more efficiently, and should be part of a healthy lifestyle.

I think the word 'part' is important, here, as I often think modern naturism prizes nakedness as the be-all-and-end-all, as if naturism simply equals just being naked, when really it should be much more than that. The International Naturist Federation definition of naturism has been oft-quoted – twice in this very issue – but I will repeat part of it again: "Naturism is a way of life in harmony with nature, characterised by the practice of social nudity." In harmony with nature – to me, that means a natural, environmentally friendly, healthy lifestyle, which we could all do to work towards whether we're naked or not, in my opinion. And, as Peter Coates says in his introduction to his 15-minute exercise routine (page 36), wanting to look good (naked or not) doesn't have to be about vanity or body image, it's about feeling good in your own skin and looking after yourself. None of us has the perfect body, and we should celebrate our differences, but at the same time we shouldn't use the non-judgmental world of naturism as an excuse to let ourselves go and damage our health. In this vein, Theresa O'Shea also looks at a book, *Body Respect*, which addresses the 'healthy at every size' question and isn't afraid to use the word 'fat'. Yet again, though, the authors miss a massive open goal in talking about body image and not even considering naturism. Why is this, I wonder? Is it because nudity is still such a taboo, or is it simply poor research?

Sam Hawcroft

IN CONTINUOUS PUBLICATION SINCE 1900...

H&E has been in existence in various forms for more than a century and is now in its 117th year. It is the oldest naturist magazine in the world, and is the leading monthly title aimed at naturists and all those who enjoy any aspects of their lifestyle without the restrictions of clothing.

H&E originally stood for 'health and efficiency', the theory being that continued exposure to the sun and air, in combination with a good diet and regular exercise, was beneficial to health and made the body work more efficiently. Nowadays, naturism is more of a lifestyle choice with much less importance placed on the perfect body image – and more emphasis on travel, sunbathing, naked activities and, most of all, enjoyment.

Next issue on sale March 24

Where you can buy *H&E*...

If you want to find us on the newsstand, visit **www.henaturist.net/find-stockists** and input your postcode to find the nearest newsagent to you. *H&E* is also on sale in about 200 WHSmith High Street stores, and major WHSmith Travel outlets. If you can't see it – just ask any newsagent and they will put a regular copy aside for you. *H&E* is also available – post-free in the UK – from our online shop at **www.henaturist.net/shop**

Don't Miss Out
Just ask!
Your local newsagent to order this magazine

WHSmith

Available on the App Store

ANDROID APP ON Google play

CONTACTS

Subscription inquiries:
01778 395173

Editorial/advertising inquiries:
01482 342000

Subscription inquiries:
hande@warnersgroup.co.uk

Editorial inquiries:
editor@henaturist.net

Advertising:
advertising@henaturist.net

Print/distribution queries:
distribution@henaturist.net

Hawk Editorial Ltd, PO Box 545, Hull HU9 9JF

3 issues for £1!

Subscribe today by Direct Debit and get your first three magazines for just £1, then £9.75 quarterly*



✶ Postal subscription also includes free online access

Order online at www.henaturist.net, call the subscription hotline on **01778 395173**
– open Mon-Fri 8am-6pm and Saturdays 9am-5pm, including bank holidays –
or fill in the form below and post to:
Warners Subscription Services, West Street, Bourne, Lincolnshire PE10 9PH

☐ **I wish to subscribe to H&E naturist for just £1 for three issues, then £9.75 quarterly**

Please start my subscription from (insert month): .....

Mr/Mrs/Ms/Miss: .....

Address: .....

.....

Postcode: .....

Telephone: .....

! *If you would like access to the online edition, please give your **email address**:*

.....

*3 for £1 offer not applicable to those who have previously taken out a Direct Debit with us and cancelled – Direct Debits will resume at £9.75 a quarter in this case.

Instructions to your Bank or Building Society to pay by Direct Debit.

DIRECT Debit

FOR WARNERS GROUP PUBLICATIONS OFFICIAL USE ONLY
This is not part of the instruction to your Bank or Building Society.

Originator's Identification Number: 942240

Bank/Building Society account number

Reference Number

Name and full postal address of your Bank or Building Society

Bank Building Society
To: The Manager
Address
Postcode

Signature(s)

Date

Name(s) of Account Holder(s)

Branch Sort Code

Instruction to your Bank or Building Society

Please pay Warners Group Publications Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Warners Group Publications and, if so, details will be passed electronically to my Bank/Building Society.

This guarantee should be detached and retained by the Payer.

THE DIRECT DEBIT GUARANTEE

DIRECT Debit

The guarantee is offered by all Banks and Building Societies that take part in the Direct Debit scheme. The efficiency and security of the scheme is monitored and protected by your own Bank or Building Society. If the amounts to be paid or the payment date details change, Warners Group Publications will notify you 10 working days in advance of your account being debited or as otherwise agreed. If an error is made by Warners Group Publications or your Bank or Building Society, you are guaranteed a full and immediate refund from your branch of the amount paid. You can cancel your Direct Debit at any time, by writing to your Bank or Building Society. Please also send a copy of your letter to us.

H&E naturist may also email you with information about relevant products and services. If you do want to receive emails please tick here ❒ H&E will occasionally allow selected third parties to contact you about their products and services. Please tick here if you do want to receive relevant email from selected third parties. ❒ H&E will automatically provide you relevant direct mail and/or telephone information. Please tick here if you do not want to receive this information. ❒ H&E will occasionally allow selected third parties to contact you about their products and services. Please tick here if you do not want to receive relevant direct mail and/or telephone information from third parties.❒ For full terms and conditions, visit www.henaturist.net

✶ For other ways to pay, including renewals and international rates, visit https://subscribeme.to/he-naturist or see page 74

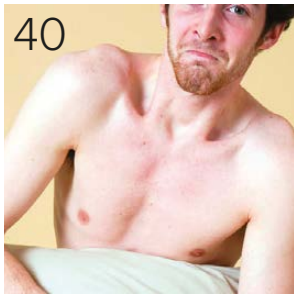
CONTENTS MARCH 2016



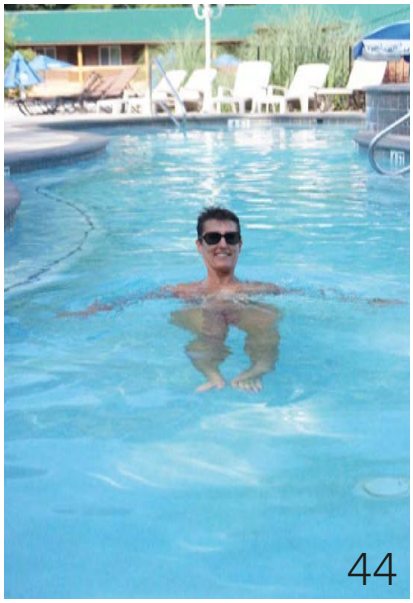
A tourism project, Avaza, is expected to rival Dubai. It doesn't. And it won't. The coastline is filthy and polluted and certainly not naturist-friendly. Nude images, homosexuality, prostitution, and even long hair are banned

Page 32











Columns

6 **Opinion**
10 **Spanish Eye**
12 **Focus en France**
13 **Portugal Perspective**
14 **Naturist Action Group**
15 **British Naturism**
16 **Health Notes**
17 **Disability Matters**
18 **Tangled Web**
19 **Q&A**
20 **NUSA SUN**
21 **Naked Vegan Cooking**

Features

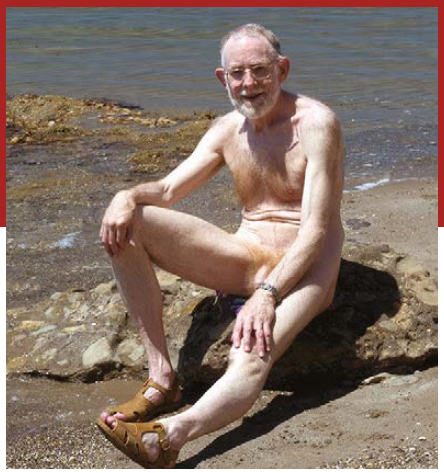
22 **Discovering naturism**
Ideas on how to take the plunge
28 **The Nude World Atlas**
Interesting islands and no-go areas
34 **The 15-minute feelgood routine**
Easy exercises to enjoy naked
37 **Keeping fit au naturel**
Yoga in the great outdoors
40 **Are you decent?**
How language deals with nudity
44 **Meet me at the nudist club**
John and Judy's first date
50 **Respecting the body**
Can you be healthy at every size?
54 **Naked among bunkers and towers**
Beaches with interesting features

Regulars

7 **Nude News**
8 **Your Views**
60 **Archives**
62 **Reviews**
64 **Club & Swim Guide**
66 **H&E Shop**
70 **Classifieds**
72 **Personals**
75 **What's On**
76 **Contacts/ Puzzles**

OPINION

Are you a Naturist?



by Tim Forcer

THERE HAS LONG BEEN DEBATE OVER WHETHER SOMEONE WHO ENJOYS NON-SEXUAL NUDITY SHOULD BE CALLED A "NATURIST" OR A "NUDIST". Despite my pedantic tendencies, I've never been particularly bothered about this, merely having a mild preference for "naturist". Yet sometimes that word gets me hopping mad.

I take issue when there is a capital 'N'. For more than three years, British Naturism has capitalised the words "naturist" and "naturism" in its official output. That includes *BN magazine*, where submissions are amended to comply with the policy without consulting the author.

Does it matter? If I don't care whether I'm a "nudist" or a "naturist", why get uptight about a perceived distinction between "naturist" and "Naturist"?

Let's start by considering a similar pair of words: "Conservative" and "conservative". You'd expect the former to be a member or committed supporter of the Tory party, whereas the latter would usually favour less specifically political values. A conservative could be bitterly opposed to some or even many Conservative policies, without in any way compromising their (small 'c') conservative principles. I think naturism should be a broad church, without a defined Naturist manifesto.

Another issue is the pedantic one that capitalising these words is ungrammatical. You won't find capitalised "Naturism" and "Naturist" in any English dictionary, because they aren't "proper nouns". Wikipedia distinguishes a proper noun by saying the former "refers to a unique entity, such as London, Jupiter, Sarah, or Microsoft, as distinguished from a common noun, which usually refers to a class of entities (city, planet, person, corporation), or non-unique instances of a specific class". Naturists are wonderfully diverse, and our naturism is varied, not unique.

Correct use of language matters, not because of any government target for literacy levels, but because it is essential to good communication. Even people who neither know nor care about formal grammar will find it easier to read and hear material presented in grammatically correct form. Without necessarily realising they are doing so, most people will stumble mentally when reading BN's text with its improperly capitalised words.

An arrogant aberration

My primary objection, and the reason I get annoyed every time I read *BN magazine* or a BN press release, is that it perpetuates BN's failure to be inclusive and truly representative. Before becoming a limited company, BN was governed by a constitution which claimed that it was the "governing body of the naturist movement" in the UK. This was a supremely arrogant attitude, particularly since the vast majority of British naturists were not members. I think promoting big 'N' Naturism is in the same vein, suggesting BN's Naturists are somehow superior to non-member naturists; that BN is the appointed guardian of an idealised form of naturism.

BN's promotion of "Naturism" also implies a creed; a cause to which all true Naturists are committed. Has a naked-living messiah founded such a philosophy? Has there been a prophet or visionary proclaiming the gospel of clothes-freedom? Oh dear. Just such a person has indeed stalked our hills and valleys, towns and countryside, naked in all winds and weathers. Although the unique and capitalised Naked Rambler has stated emphatically that he is not a naturist, perhaps Steve Gough is the archetypal Naturist who has inadvertently founded true Naturism to replace mundane and inadequate naturism? Surely not!

I appreciate that BN has to operate in political ways, but this should not require a misrepresentation of naturists and naturism. Capitalising those words evokes memories of its one-time President wittering to a Select Committee that "all naturists actually carry a naturist passport".

BN's constitution has been replaced by Articles of Association, and these avoid defining Naturism. Instead they suggest "one possible definition", the INF's: "Naturism is a way of life in harmony with nature, characterised by the practice of social nudity, with the aim of promoting respect for oneself, respect for others and for the environment". If the UK's national body can't come up with a single clear definition, why on earth should it act as if naturism has a unique and formalised agenda?

Stand up for diversity, be for individualism and against arrogance. Be naturists and proud to enjoy your naturism without any need for a big 'N'. H&E

Contribute



We pay £50 for every Opinion article used, and £65 if it is accompanied by a suitable photo(s). We want to hear your strong opinions, analysis or peculiar viewpoints. Keep to 700 words. Send your Opinion to editor@henaturist.net or the address on page 3.

NUDE NEWS

Writer Jim loses year-long battle with cancer

H&E CONTRIBUTOR JIM BOWMAN, WHO IN THE PAST FEW MONTHS WROTE A SERIES OF CANDID ARTICLES ON HIS BATTLE WITH CANCER, HAS DIED. Jim, who was 54, passed away at the beginning of February, just a year after his initial diagnosis.

Jim and his wife Sharon, of Ipswich, appeared regularly in the pages of *H&E* in the past few years, with Jim's most recent articles being published in the October 2015–February 2016 issues. His fifth piece ended with the words: "Well, the weaponry is failing and the vile 'C' is going to win. Please – don't let it happen to you. If you detect or suspect any change in your body, be it lump, pain, change of bowel-habit, whatever – get it checked – and push for thorough analysis. Be a bloody nuisance – it could save a life. Yours."



Former BBC Radio Suffolk producer Jim had one more article in the pipeline, which Sharon has pledged to finish.

Fellow *H&E* writer Rayner Otter said: "Jim and I started off as adversaries, bickering over our differing views about naturism, first through the Letters column of *H&E* and then privately by email. Fortunately, about a year or so ago, we settled on a mutual respect for each other. Then, when Jim wrote the first piece of his epic series about his battle with cancer, I wrote to him showing support. Since then we became, across the e-miles, good friends.

"His brilliant narration of his struggle with the dreadful disease proved Jim Bowman to be a courageous and dignified writer – a courageous and dignified man! As a result, when I heard the news of his death, I was devastated. I feel that I have lost a good friend – even though we never met. I only wish we had.

"The thoughts of both the Fräulein and me, now, are for Sharon and the other members of his family he has left behind. We feel sure that they, like us, will feel that if Jim's series has encouraged at least one reader to seek early treatment for suspected cancer, then his writing will be as important as it was moving.

"Well done, Jim! We shall miss you."

All at *H&E* also send our deepest sympathies to Sharon and family, and are thinking of them all. Rest in peace, Jim.

ACORNS

NATURIST RETREAT IN THE HEART OF DEVON



TOURING CARAVAN & CAMPING PARK



www.acornsindevon.co.uk
Email: andy@acornsindevon.co.uk
TEL: 01884 881260

Situated in peaceful countryside between Exmoor and Dartmoor, convenient for both north and south coasts.
Bed & Breakfast available
Two mobile homes for hire
Free use of hot tub, swimming pool, sauna & games barn
13 acres of land to explore
Naturist massage available
Licensed bar & home-cooked food
Creacombe Parsonage Farm, Rackenford, Tiverton, Devon EX16 8EL

Croft Country Club

The friendly family club in the heart of the Fens





Our 2016 season opens Wednesday, March 23

Next event: Les & Edna's Ruby Wedding Celebration: Easter Saturday, March 26





Check out our great accommodation options:
Three hire cabins – Maple, Cherrywood and Walnut
For Glamping – Ashwood pod and the Shepherd's Hut
Plus 60 pitches with electric hook-up for caravans, tents and motorhomes

FACILITIES: Clubhouse with games room, TV lounge, a conservatory with kitchen facilities, heated indoor pool with sauna shower suite, outdoor pool, two shower blocks with hot showers plus an 18-hole putting green. Croft Country Club has a number of themed evenings throughout the season with live music or family entertainment and an opportunity to dress up if you wish!

email: bookings@croftcountryclub.co.uk
website: www.croftcountryclub.co.uk

Tel: 01354 638445
Greenend, off Halfpenny Toll Road, Three Holes, Wisbech PE14 9JD

PRIVATE CABINS FOR SALE FROM £14,500!

YOUR VIEWS

A history lesson for Theresa...

I have always loved Theresa O'Shea's *Spanish Eye* and it is usually the first column I read when I receive my *H&E*. It is always written in a lively and witty style and I almost feel sorry for the other regular columnists writing about France and Portugal. Admittedly Spain has embraced naturism with great enthusiasm in the post-Franco years compared with the time way back in the 1960s when my wife was cautioned by the Guardia Civil for daring to wear a bikini on a public beach. Theresa therefore has much more to report than the situation in France where naturism has been accepted for a long time and Portugal where there are more closures than openings and most of the exciting news comes from Portuguese-speaking Brazil.

So here we have a teacher writing this monthly column about naturism in Spain as well as a brilliant monthly critique of nudity in the cinema and is clearly intelligent as shown by the photograph of her striding down a beach with two well-known reprobates clad in nothing but a pair of spectacles. And yet, and yet... her piece on the Immaculate Conception left me horrified. Referring to this Saint's Day holiday, which is celebrated in all Catholic countries on December 8, with the remark "making Mary's pregnancy a tad on the short side" left me reeling with disbelief. Did she really think the mother of Jesus had a pregnancy lasting only 18 days or was it possible that it was a prolonged pregnancy, making her almost three-and-a-half months overdue? After all there is a well-documented case of a woman who was pregnant for 476 days before giving birth to a boy weighing 13lb in the United States in 1883. A more recent case supported by ultrasound evidence was of Christine Houghton whose pregnancy lasted 381 days and the baby was born in the Zachary Merton Hospital in Rustington, Sussex, under the care of a friend of mine, Mr Lynn Evans. The prefix Mr is due to the fact that in England obstetricians and gynaecologists are regarded as surgeons and they are known as Mr as opposed to Dr because their recognition originally came from the College of Barber Surgeons since they were essentially beard shavers and hair-cutters and quick with the knife, which was important before the discovery of anaesthesia.

We must end this history lesson and explain to Theresa, who freely admits to being non-religious, by explaining that the Feast of the Immaculate Conception does not celebrate the conception of Jesus but refers to the solemn belief in the Immaculate Conception of Mary's mother on December 8, nine months before the feast of the Nativity of Mary, the Mother of Jesus, which is celebrated on September 8. By Pontifical designation and decree it is the patronal feast day of many catholic countries including Spain.

Dr Chris Sutton,
Retired consultant obstetrician.

We Suntreckers members loved motorhome article

I read with interest the excellent article by Peter Coates, 'Freedom of the road' (*H&E* February 2016) and just could not resist writing in. We have been naturists for 38 years and a lot of it has been done first with caravans, then motorhomes, the latest one being with a French bed, which is a fixed bed in the corner in line with the motorhome – so no climbing over your partner.

Anyway, the main reason for writing is that after reading the article I just wondered if I could put a mention in for Suntreckers, the naturist caravan and camping club. Indeed *H&E* has in the past had a running feature on the club. We have naturist rallies every week, all around the country and abroad. You can have a tent/caravan/motorhome whatever. More and more people are turning up with motorhomes so Peter's article was very interesting, and we look forward to following his input to *H&E*.

Chris & Sandra North, via email.

Why should we feel shame about being naturists?

When discussing naturism over the years with friends and family, no-one has ever blinked an eye. No-one has been detrimental in respect of our preferred holiday destinations or relaxing in our own personal space in comfort. Most comments are, "You are so brave... I couldn't do it... I don't have the body!"

Non-naturist friends who choose not to be are tolerant and respectful.

Often, looking at online forums, I see people have screened themselves by blanking out their faces, using false names or hiding, wanting to be involved in a social naturist community but at the same time terrified of being caught.

I personally believe this is where most issues arise – many naturists feel that to be free of clothes and enjoy the fresh air around us is sinful, shameful or illegal.

Those who follow the Bible have heard the story of Adam and Eve taking of the forbidden fruit, then hiding their bodies with fig leaves, before being discovered in the fall when the forest lost its leaves and they were left naked. But where does this equate to the shame of being naked? I have thought about this, but how can this make any sense? If humans were created naked and their natural form was deemed to be normal and natural, if it was shameful would we not have been created with fur coats?

I believe sin affects hearts and minds, creating vulnerability, guilt, and shame, and these things produce fear. This is a huge barrier when it comes to stepping up to the bar and saying, "I am a naturist, I have no shame about this – I am doing nothing wrong." Was it not stealing the fruit from the forbidden tree which caused those feelings of guilt and shame, which led Adam and Eve to hide themselves?

So for me personally I stand open and free. I am doing nothing wrong so long as I do not make others feel afraid or insult them by flaunting my preferred state of dress. For me, tolerance and respect

What's your view?

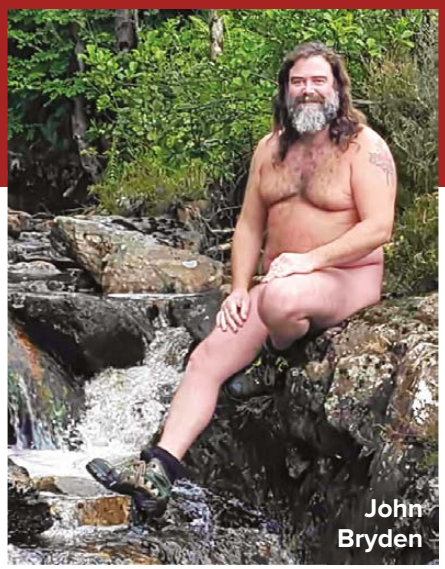
Email: editor@henaturist.net

Post: H&E naturist, Hawk Editorial Ltd, PO Box 545, Hull HU9 9JF.

www.facebook.com/henaturist

@HEnaturist

The editor reserves the right to edit letters. Those of 200 words or fewer will be considered first and edited least. Please note all correspondence will be treated as intended for publication unless expressly marked otherwise.


John Bryden

for others will allow me to walk in both camps at appropriate times, without feeling vulnerable, ashamed or guilty. But I shall, if asked, be proud and open about my preferences.

John C Bryden, owner, West Highland Retreat, Inverness-shire.

We're uptight on the human body

I wish to point out how totally in agreement I was when I read the 'Opinion' article by Alan Walker on Abbey House Gardens (*H&E* January 2016). In it he mentioned that he found being naked in public to be mildly erotic. It's about time some mention was made of the erotic potential of naturism. I love to view our women unashamedly stripped off and enjoying the lifestyle. It makes for good health and equality. We are so uptight on sex and the beauty of the human body. Good article, Alan.

Paul Hurley, via email.

We will prevail over extremism

The rather sombre message of Sam's editorial in the January issue reflected the anxiety and self-doubt of many UK citizens engendered by current conflicts.

It is necessary to distinguish between disciplined actions – mandated by religion or state – and self-imposed behaviour arising from obedience of the law and the desire for individual freedom, the latter a characteristic of naturism.

As a National Service man called up for a duty at the height of the Korean War, I am aware of the necessity of rigid discipline. The problem arises when the power conferred upon governments, rulers or religious factions by such control is misused, to promote unnecessary conflict or terror. In UK terms the defence of the realm is, of course, imperative, but whether that is best served by invasion of foreign territory is open to conjecture.

As a naturist, I welcome the freedom of thought and expression available to UK citizens within the boundaries of the law. Naturists espouse a sound mind in a healthy body. In the final outcome, this attitude will prevail over religious extremism and its subjugation of malleable minds.

Sam has the responsibility of editing a magazine extolling the benefits of naturism and promoting its cause. I am sure her past achievements will continue in the future, as exemplified by improvements in the January format. I have every confidence that she will, in the words of Kipling, "fill the unforgiving minute with sixty seconds worth of distance run".

Adrian Hockenhull, Surrey.

Sierra Leone in bygone days

I was amazed to see my letter in print in the December 2015 issue of *H&E* and was glad you found it sufficiently interesting. Just to round off my comments, may I add the following (if only for your edification): Freetown is on the southern bank of the Sherbro River; the swamp I mentioned is on the northern bank at Rungi. We heard that when the first flight arrived at the new airport (an Avro York) it sank up to its axles. Obviously, matters were remedied later. Beyond the swamp was a clear view of, I believe, some 150 miles to mountains in what was Portuguese Guinea. We used to stand at the end of the 'dry' season (there were only two – 'wet' and 'dry') and watch the clouds approach – very welcome after weeks without rain. My, how cold it was when it struck our bare skins. Parts of Freetown had piped water, but only to standpipes on street corners. No main drainage. We had our own tank – fine until it sprang a leak. One small correction. Near the end of my letter "masked" should read "naked".

Don Taylor, Leicester.

Why not organise a gym event?

In the December issue of *H&E*, Martin Warrillow asked the question, "Why not naked gymnasiums?" Well, my partner and I are lucky enough to have our own mini-gym at home, and even in the coolest of temperatures outside, enjoy exercising without clothes. In the summer, and because our garden is not overlooked, we often drag some of the lighter equipment outside. Now, I know some sports centres allow nude swimming sessions, so is it possible that if enough people in the area were interested, Martin could organise his own naked gym event? I guess you'll never know unless you ask.

Diane Ward, via email.

I have also felt harassed and bullied in the online naturist world

In Martin Warrillow's "Disability Matters" article (*H&E* February 2016), he describes how his friend, Sue, had begun to explore the online naturist world. He goes on to say that through this she often felt "harassed, bullied and even threatened by a number of men who think it is OK to post close-ups of their genitals".

As someone who delved into the same world, I can only sympathise with Sue. Readers may remember me writing last year when my local sun club, at first, seemed very open to me joining their happy throng. That is, until, I revealed that my wife would not be joining me and, therefore, I would be a lone male. Suddenly, all communication stopped and not once did the club have the decency to return my calls or emails. So, I too looked online to see if any clubs or forums existed that would welcome a new, lone naturist. Another, well-known sun club in the north of England politely declined my application to become a member, so I was left with an online website. After having a good look around, I joined the members' area and was given access to the forum. That is when things started to worry me. Like Sue, I was greeted with private messages from both men and women wanting to meet, nearly all accompanied by – shall we say – questionable photographs. If that wasn't all, most of them requested I sent back a photo of myself. When I raised concerns about the number of erections and open leg shots on view, I was shot down in flames by members whose flimsy replies ranged from "get a life" to comments about what I could do with my own genitalia. You will not be surprised to learn that I quickly left the group.

As described in my recent life-modelling articles, I've come to enjoy unclothed times for work purposes and at home. I agree with Martin when he says that he defines naturism as "non-sexual nudity". Certainly, my modelling in the nude has not raised any sexual questions in the art classes, and nor should it. For those who enjoy the company of fellow naturists in clubs and on holiday, maybe you could spare a thought for people like Sue and I. Wanting to take the first step into naturism with others, but left feeling hurt and confused by our initial forays.

Geoff Howlett, via email.



with Theresa O'Shea

SPANISH EYE

Where's our winter?

I know I shouldn't complain. After all, our fuel bills are down, I've donated my polo-neck jumpers to charity, and not once have I dreaded the thought of a shower because of the cold. Nonetheless, a bit of proper winter and, more importantly, and rather more than 'a bit' of rain wouldn't go amiss. Apart from one dramatic thunderstorm that sent us to bed early by candlelight, it's been a dry few months. According to weather experts, we could be in for five-month-long summers on the costas if climate continues at its current rate. Jorge Olcina, head of Alicante's university climatology department, has warned of prolonged droughts with daytime temperatures rarely dropping below 30ºC and nighttime temperatures not falling below 23ºC. It will, he says, become more and more normal to see people bathing in the sea in the winter months November – and not just for charity dips or naturist clubs like the Catalan Club de Naturisme doing their annual New Year dip at Waikiki beach in Tarragona! The warm weather is logically having an effect on plant life, too. We're currently enjoying a second harvest of pears – in January!

Yabba dabba yurta!

Up until now at the El Portús naturist resort, you could choose between camping, or staying in a bungalow or apart-hotel. Well now you can rent a rather lovely-looking *yurta*! Or two for the price of one, as there are two on the plot, which is rented privately (i.e. not by the campsite). Stays of three days or more get a free massage into the bargain. Information about the *yurtas* can be found at escapadanaturista.com – Spanish only.

I felt the earth move...

Meanwhile, on the subject of weird weather phenomena, the question everyone was asking at work on January 25 was 'Did you feel it?' The earthquake, that is. Measuring 6.3 on the Richter scale, the quake was felt in the province of Malaga as well as in Granada, Almeria, Seville and Jaén. My answer was, well, sort of. At 5.22am, when it struck, I was so far gone in the land of nod that although I stirred and sensed a long rumbling tremor, I couldn't wake up properly. Meanwhile, husband Guengo, who could sleep through an earthquake, did just that! When the alarm clock went off a couple of hours later, I wasn't sure whether I'd dreamt it until I switched on my phone – and saw the Facebook posts. The aftershocks continued for several days afterwards and the 'Did you feel that one?' conversations did too. The epicentre of the earthquake was in the Alboran Sea off the coast of Morocco, but the greatest impact was in the Spanish enclave of Melilla, where a number of buildings were damaged and 26 people were injured.

Zipolite - a new Vera?

On the last weekend of January, over a hundred naturists joined together from various countries and regions of Mexico at Oaxaca's fabulous Zipolite beach for the VI Latin American Nudist Gathering. The aim behind holding the event at Zipolite was to relaunch the beach as a tourist destination at an international level. According to President of the Mexican Naturist Federation (FNM) Juan Marcos Castañeda, Zipolite is the nearest thing Mexico has to an official naturist beach. There are plenty of other places and beaches where nudity is practiced and tolerated, although none is officially allowed by law. When I was there, some 13 years ago - you could only really be nude at either end of the 2km-long beach. The Wikipedia entry on Zipolite, however, states that in recent years the numbers of nudists, including families with children, is also growing on the main beach, "probably thanks to some hotel owners becoming more open and flexible." What the FNM is after, though, is something a little more ambitious: they hope that the whole beach community one day becomes a kind of Vera Playa on the Oaxaca coast. We shall see.



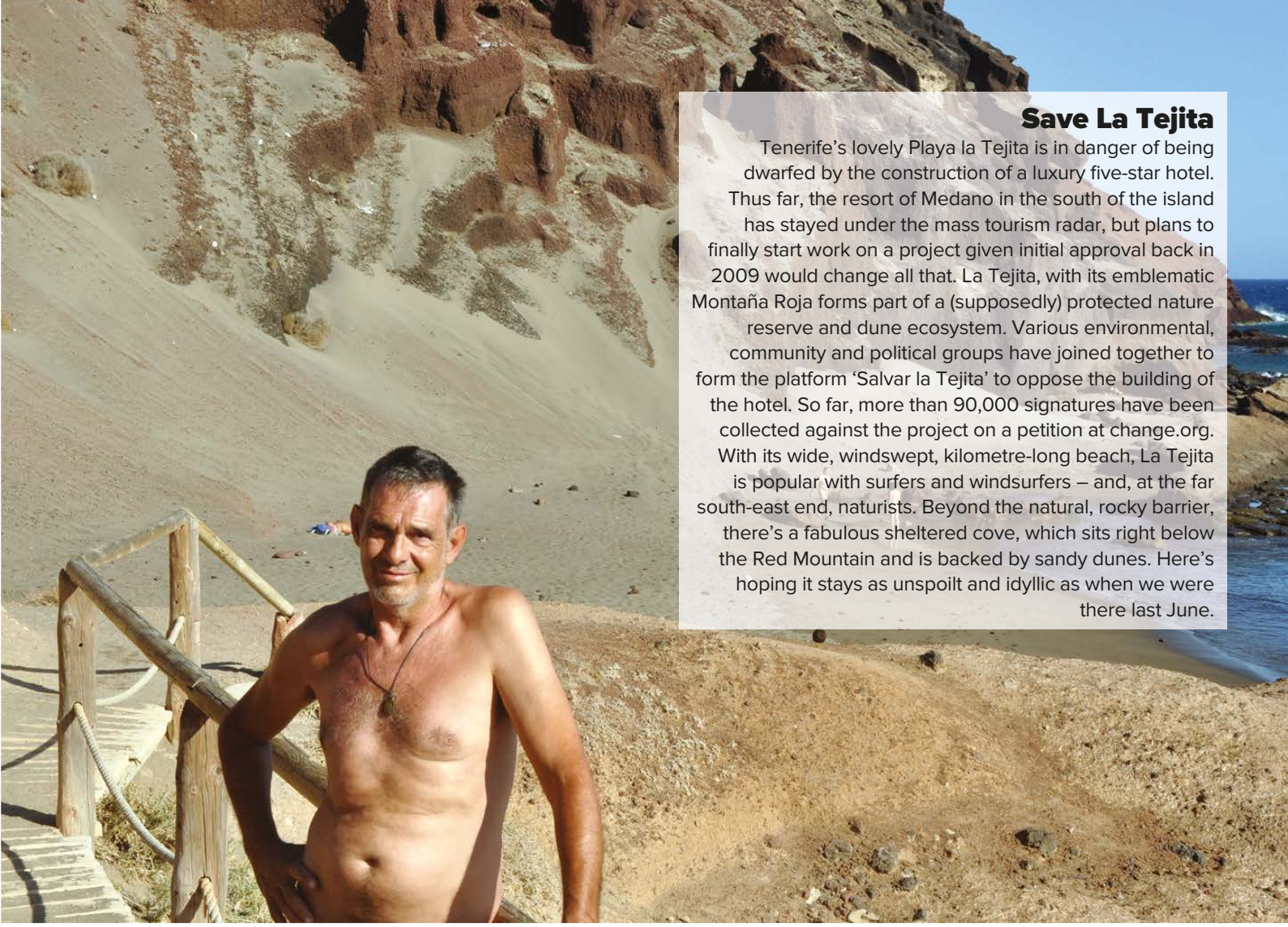
PHOTO: www.nudezipolite.com

Nude workaway

While we're on the subject of Zipolite, Hotel Nude Zipolite is still advertising on the volunteering and cultural exchange website, Workaway. So anyone with a couple of months to spare and who fancies helping out in the kitchen or with general maintenance, why not take a look? After working 25 hours a week, they'd still be plenty of time for hanging out at the beach or around the pool of the clothing-optional bungalow-spa complex. Actually, you needn't go as far as Mexico if you're looking for a working holiday in the buff: a quick search at workaway.com throws up guesthouses and hotels in the UK, Spain, Portugal, and, on the long-haul side, New Zealand.

Get in touch...

If you'd like to contact me with any Spanish-related naturist news, I'd be really happy to hear from you. Write to me at spanisheye@henaturist.net



Save La Tejita

Tenerife's lovely Playa la Tejita is in danger of being dwarfed by the construction of a luxury five-star hotel. Thus far, the resort of Medano in the south of the island has stayed under the mass tourism radar, but plans to finally start work on a project given initial approval back in 2009 would change all that. La Tejita, with its emblematic Montaña Roja forms part of a (supposedly) protected nature reserve and dune ecosystem. Various environmental, community and political groups have joined together to form the platform 'Salvar la Tejita' to oppose the building of the hotel. So far, more than 90,000 signatures have been collected against the project on a petition at change.org. With its wide, windswept, kilometre-long beach, La Tejita is popular with surfers and windsurfers – and, at the far south-east end, naturists. Beyond the natural, rocky barrier, there's a fabulous sheltered cove, which sits right below the Red Mountain and is backed by sandy dunes. Here's hoping it stays as unspoilt and idyllic as when we were there last June.

Access for all?

There's been a lot in the press recently about pet-friendly beaches, but what about beaches that are at least in some way disabled-friendly? In spite of improvements in recent years, only 16% of Spain's 3,500 beaches are accessible to disabled people. At discapnet.es, you can get a printout (in Spanish – but translatable, of course) of all the *playas* accessible in Spain, with details of the facilities available. While often these may amount to little more than reserved parking spaces, toilets and ramps, more and more urban and semi-urban beaches are investing in adapted changing facilities and providing amphibious chairs and personnel to aid with bathing. Adapted naturist beaches are far and few between, but from what I've read, Mar Bella in Barcelona seems to be the most disabled-friendly; apart from being city-central, it has special changing rooms and showers, aquatic chairs and assistants to help with access.



For your best naturist holiday so far, come to us in Costa Tropical – the only sub-tropical region of Spain with the best weather in Europe.

- Top quality self-catering apartments, all with sea views and terraces overlooking a naturist beach with 5 others nearby.
- Pool, gym, clubhouse with spa bath, BBQ, tropical orchard garden, large roof sun terrace, boule court.
- FREE Inflatable boat outings for nude snorkelling and beach visits.
- FREE 4wd nude mountain safaris to swim in freshwater pools.
- Nude dances to live music, body-painting and lots more.
- Super value-for-money holidays, singles and couples welcome. Gay friendly.
- Special discounts for Naturist Federation members and group visits.

Visit our website for more details or email peteratep@gmail.com

It's Natural - Naturist Holiday Accommodation Providers - Supporters of H&E and Trusted by Naturists Since 2001

Natural Holidays

Naturist Holidays in Spain & The Canaries

Long Stay Discounts at Vera Playa Apartments Spain
UK Agents for Magnolias Natura Gran Canaria
Monte Marina & Gran Hotel Natura Fuerteventura

its-natural.net | naturalholidays.net | UK: 01354 661511



We're naturists too!
Call to discuss
Book online
Credit Cards welcomed

FOCUS *en* FRANCE



with James Avery

New year greetings

The French celebrate the new year much more than Christmas, so early in January I was flooded by greetings from various naturist campsites such as Bagheera in Corsica, even though we only stayed in this delightful place for two nights several years ago. At least it brings the promise of summer sun, which contrasts with the view from our chalet in Switzerland surrounded by 4ft



of snow with a blizzard raging outside. It was our intention to join the Otters, since they had kindly invited us to spend a few days in their chalet in Saalbach in Austria. Sadly Rayner had a nasty fall and although he was wearing a helmet he suffered concussion and was admitted to the local Krankenhaus for a few days' observation. Happily he seems to have recovered and will therefore be able to continue to provide his unique contribution to this magazine.

Get in touch...

If you have any news or information about naturism in France, email focusenlabellefrance@gmail.com

Mirren turns back on nude film scenes

I was reading through some back numbers of *French Connection* when I found an article on one of my favourite actresses, Dame Helen Mirren, which stated that she had officially drawn the line under her days of on-screen nudity. In a recent interview on CBS, the 70-year-old actress said, "I was doing nude scenes from the first moment I started doing movies. It was the era. It seemed to be nothing to get your knickers in a twist over." Those who have watched the underwater



scenes in *Age of Consent*, in which she starred with James Mason, who played an aspiring artist on a tropical island off the coast of north-eastern Australia, will have seen some of the most beautiful naked images of the female body ever to have been shown on the silver screen. Although Helen Mirren was listed as one of the 50 best-dressed over-50s by the *Guardian* in 2013 she had been named "Naturist of the Year" by British Naturism many years earlier in 2004. In an interview thanking them she said, "I'm a naturist at heart. I love being on beaches where everyone is naked. Ugly people, beautiful people, old people, whatever. It's so nonsexual and so liberating. I am at my happiest on a nude beach with people of all ages and races."

Campsite closure

The naturist campsite of Le Bois de la Herpinière just south of the Loire was a delightful spot to break the journey from the north of France, where they have very few naturist campsites, to the sunny south, where they have many. We stopped there once and it had a very relaxed, laid-back hippy-style atmosphere which we liked. It was close to the town of Saumur, dominated by its chateau overlooking the Loire and famous for its wines and the French army's prestigious cavalry school. Just to the south is the beautiful Fontevraud Abbey, the final resting place of several Plantagenet kings. When Eleanor of Aquitaine died here in 1204 her husband Henry II and her son, my favourite absentee king, Richard the Lionheart, were already buried here in elegant tombs on painted plinths. Sadly the camping is no longer naturist and they have rather stupidly changed the name to Naturéa so previous visitors reasonably might down their trousers as they pass the entrance gate unaware that it has become textile.

And finally...

A friend who escaped our wet winter weather to go to Australia sent me this photo of a near miss, so maybe it is safer to swim from Studland Beach...

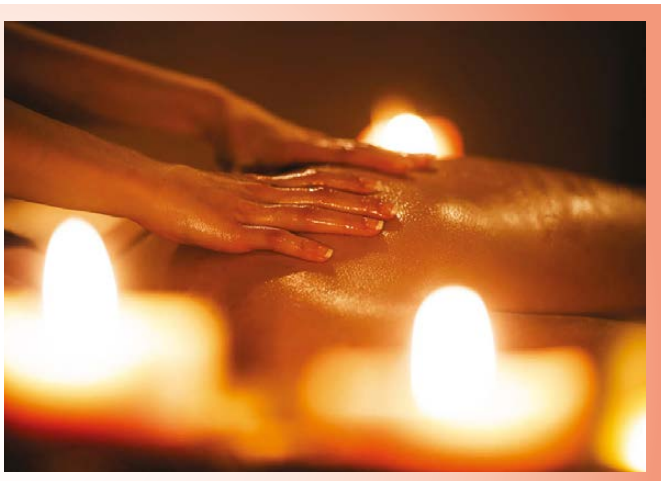




PORTUGAL PERSPECTIVE

with Paul Rouse

Two's company



Naturist guest house Cabana del Sol in the Algarve plays host this spring to Living Tantra and Sensual Massage, a workshop-based holiday for couples wishing to explore, experience, express and expand into deeper intimacy with their partner.

The event, which runs from April 29 to May 4, is designed to offer participants the opportunity to learn more about health, spirituality, sensuality, intimacy, pleasure, tantra, yoga, meditation, movement, conscious connection, communication and sensual massage.

Limited to 12 guests, the workshop is facilitated by Sidtsara, who was profiled in the July 2015 issue of *H&E*. She has been teaching intimacy, relationships, conscious connection, non-sexual touch and tantra for more than 16 years around the globe, is a qualified couples therapist, mindfulness teacher, yoga instructor and massage therapist, and runs the UK-based company Tantrapure International.

"It is not a swingers' event and it is not an orgy," she explains, just in case anybody might get the wrong idea. "It is about sensual pleasure, emotional intimacy and real love."

The cost is between £675-£705 per person, depending on the choice of bedroom. The price includes five nights' accommodation, use of the sauna, pool and hot tub, five breakfasts, three lunches, four dinners, meditation, yoga, guided walks, two workshops each day (optional), a Night of the Senses tantric ritual and full training in the art of sensual massage. Flights, transfers and insurance not included. For more details contact: tantrapureinternational@gmail.com

Gone in 150 seconds

There are more factors involved in choosing a destination for a naturist holiday, of course, than just the type of accommodation and the proximity of naked beaches. Culture vultures who like to get out and explore a country while they are there should take a look at the *Portugal in 150 Seconds* series of videos on YouTube.



As their name suggests, they are short, crisply edited snapshots promoting various parts of the country, and give you a good visual guide to where you might be heading. To date, the series covers Obidos, Evora, Alenquer, Marinha Grande, Nazaré and Coimbra, with more titles in the pipeline.

A cheeky little number

Next time you're dropping in on naturist friends in Portugal, why not take along a bottle of Pouca Roupa, a wine from Estremoz in the Alentejo? It's eminently drinkable, not expensive, comes in red, white and rosé varieties, and the name means 'few clothes'. What could be more appropriate for a naked tipple in the sunshine?



Get in touch...

If you have any news or views on the naturist scene in Portugal, send them to info@naturisttravel.net

NATURIST ACTION GROUP

with Reg Barlow

Art v reality

The Musée d'Orsay in Paris has some paintings by some great artists of the past: Manet, Monet, Degas, Renoir – and the list goes on, some of which include nudes. In January, though, visitors got a bit more exposure to the female nude than expected. Luxembourg-based performance artist Deborah de Robertis spent two days in custody after posing



naked in parody of Manet's *Olympia*.

According to the BBC News website this was not the first time that de Robertis had given a live representation of a painting in the Musee; in 2014 she partially undressed to give her interpretation of Gustave Courbet's *L'origine du Monde*.

The lawyer for de Robertis, Tewfik Bouzenoune, said: "She's not just stripping off… she is giving artistic performances. This time [de Robertis] was re-enacting Manet's *Olympia*."

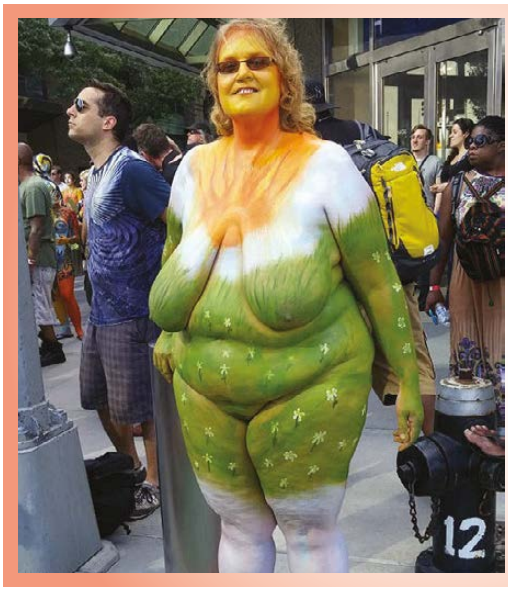
I'm sure this has been mentioned before, but it is strange that people accept the nude in art yet have to be protected from someone living who is nude. How odd…

Promoting naturism

Blogger Naturist Philosopher has suggested a sweepstake to promote naturism to the wider public, possibly due to the insane amounts of money that have been on offer recently. Naturally there will be problems, as Naturist Philosopher acknowledges, but surely there are two massive hurdles that suggest it is just not practical. First, and the simplest to define, are the legal requirements of the nation holding the sweep. Admittedly, I know nothing about US gambling law, but in the UK we shall definitely need a license with all the separate issues there. Still, if not-for-profits like Camra can organise a sweepstake, surely it cannot be beyond our capabilities!

The second hurdle is, I think, harder all round to define and perhaps resolve. It's basically this: how can the organisers get their message about naturism over to those buying the ticket when their eyes are firmly fixed on the prize?

A sweepstake might be a good idea to raise money to fund a 'hearts and minds' campaign in favour of naturism, just don't expect the two jobs to be done by one sweepstake. One thing I would say for Naturist Philosopher, at least he is coming up with ideas. I don't hear anything from the different national representative organisations around the world. H&E



Body image at TEDx

Audiophiles may already be aware of a programme on NPR (National Public Radio) called *The TED Radio Hour*. In her blog for Young Naturists America, Felicity Jones mentioned a talk by Michelle Wallen. It's short, but Michelle talks about fat shaming, or perhaps more precisely body shaming, from her perspective and how it can affect practically everyone. Until that is, she found naturism.

If naturism helped Michelle (left) come over her body image issues, surely it can help in other situations with the appropriate safeguards?

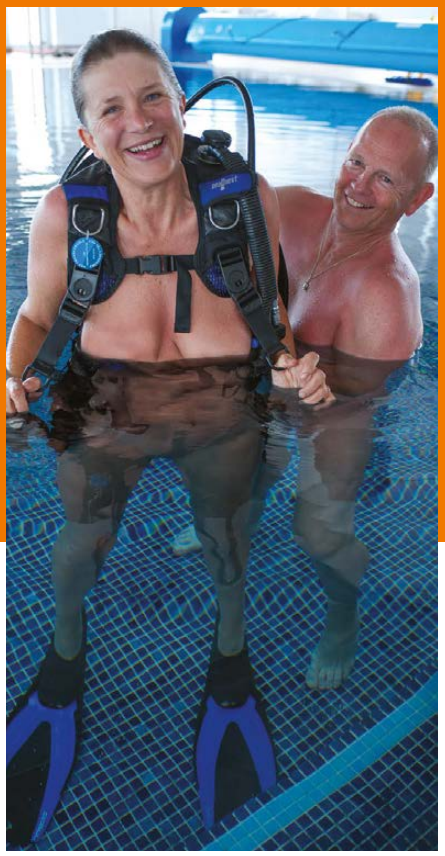
Find out more...

This is an edited version of a blog, which can be read in full at **www.naturistactiongroup.org**. NAG is staffed by volunteers and supported entirely by donations. Please visit our website to either donate via PayPal or to learn how the Naturist Action Group intends to promote UK naturism.



BRITISH NATURISM

Try something new: There are so many fabulous activities to take part in at BN events...



PHOTOS: British Naturism, Charlie Simonds

Welcome to the latest news from British Naturism, the national organisation representing naturists across the country. We had a fantastic 2015 – and the good news is that we are optimistic that 2016 will top this. In this article we will highlight some of the key activities that are being planned – please support them if you possibly can.

Events programme taking shape

If you thought last year's programme was busy, then take a look at 2016! The programme is constantly updated and can be found at www.bn.org.uk –but some highlights include our group holiday to the beautiful Spanish resort at El Portús (below) from May 7–14.



Closer to home, our popular and fun-filled Blackpool weekend runs from March 4-7, and 'The Gathering' held north of the border in Dunoon runs from April 29 to May 1.

On the sporting front, our National Swimming Gala will be held in Leicester on March 19, and there will be another popular swim at Waterworld, Stoke-on-Trent on April 23. Broadlands in Norfolk will also be hosting the National Petanque Competition from April 29 to May 1.

It's worth mentioning that while some of our events are open to the public, many are accessible only to BN members. Don't miss out – join us today! Details are in the panel below.

Nudefest finds a new home!

In the previous issue we mentioned that a new venue had been found for our flagship Nudefest event. We are delighted that this year's event will be held at Thorney Lakes Caravan and Camping Park, Langfield, Somerset from July 5–11. Continuing the high standards set at our previous venue in Cornwall, the programme will include the usual varied range of entertainments, excursions and activities, great on-site facilities and, of course, good food and drink! This is sure to be a great week and places will go quickly, so do book early.

Finally, don't forget that the best advert for naturism is word of mouth. Don't forget to tell your friends and invite them to one of the events. You can find out about events near you by keeping an eye on the dedicated pages at www.bn.org.uk and sign up for Great British Skinny Dip updates at http://greatbritishskinnydip.co.uk

Membership renewals

A big 'thank you' to the thousands of members who have renewed their memberships already! If you are one of those who haven't done so as yet, it's easy to do so online or by telephoning the office on 01604 620361.

Come and join us!

British Naturism is the national organisation for naturism and works hard for the benefit of all naturists. We're run by a team of volunteers, supported by a small paid staff. Along with promoting naturism, challenging threats and prejudice, and campaigning to raise awareness of issues, we also provide an invaluable focal point for anyone wanting to find out more – including potential naturists, the media and authority figures. Individuals often look at what they get, but far more important is their membership fee, which for more than 50 years has allowed work to be done, events to be arranged, a website to be kept up to date, publicity materials to be produced, interviews given, articles placed, advice provided, a national, vibrant community to be created and so much more. Some say membership should be compulsory... membership costs less than the price of a pint of beer a month – you'll be playing your part in supporting all the work we do, for everyone. Join online at **www.bn.org.uk** or call 01604 620361. You can also get a free membership pack including a copy of our magazine if you'd like to find out more before deciding.

HEALTH NOTES



with Barbara Lower

Did you have a 'Dry January'?

DID YOU JOIN AN ESTIMATED TWO MILLION PEOPLE THIS YEAR AND GIVE UP ALCOHOL FOR THE WHOLE OF JANUARY?

The charity Alcohol Concern has been promoting Dry January in England and Wales for the past few years as an antidote to Christmas and New Year drinking. The campaign is aimed at social rather than heavy drinkers, trying to get people to examine their relationship with alcohol and consider making changes.

There has been no rigorous evaluation, but 79% of participants said they saved money; 62% said they slept better and had more energy; 49% lost weight and 67% said they had continued with less alcohol up to six months later. A study by the Royal Free Hospital showed that one month of abstinence led to significant benefits in blood pressure readings, liver blood tests and body mass index. But beware – there is concern that people may think that having had a month off alcohol they can go back to drinking as much as they like for the rest of the year!

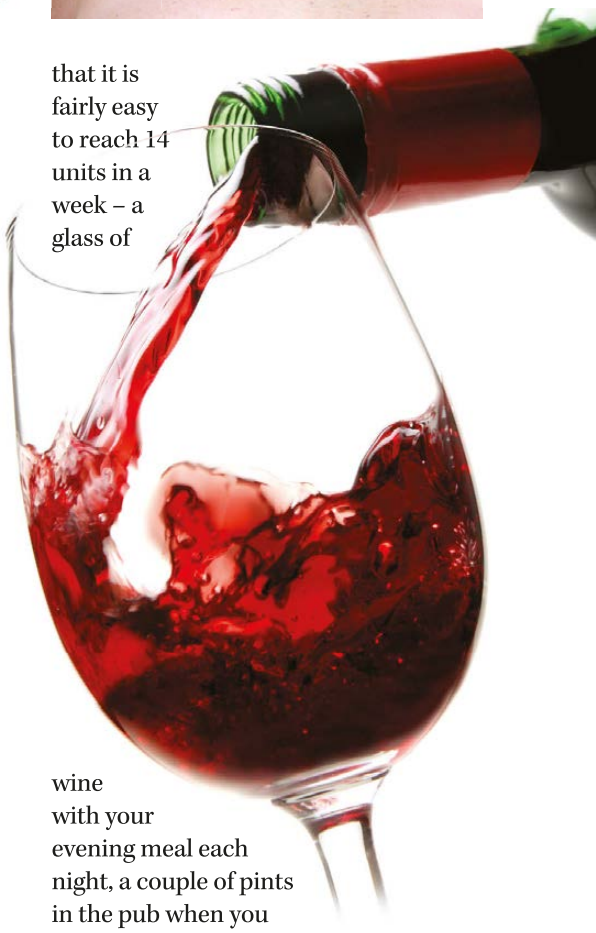
The Department of Health has just released new guidelines on how much we should drink. Obviously total abstinence would avoid any damage to our health from alcohol but life is full of risks and so they have based their recommendations on how much we can drink before we increase our lifetime risk of premature death by 1%. This comes out at 14 units per week for both men and women, whereas before it was 21 units for men and 14 for women. Units should not be saved up for the weekend but spread over three or more days with several alcohol-free days in the week. Pregnant women are being advised not to drink at all; no level is "safe".

But what about red wine being good for my heart, you ask? Unfortunately it is now thought that the benefits are much-exaggerated if the other risks are taken into account. In fact, the only people who seem to get any benefit are women over 55 years of age who drink less than five units of alcohol per week.

The previous guidelines were issued in 1995. Since then the evidence for any benefit from alcohol has been reduced; the short-term risks of accidents and injuries from heavy drinking have become apparent and increased risk of certain cancers and damage in pregnancy have been demonstrated.

These new guidelines have been based on evidence that 4 –6% of all new cancers in the UK were caused by alcohol. There is increased risk of breast cancer in women and cancer of the oesophagus in men. At higher levels of alcohol, the risk of liver and pancreas cancer increases. It does not matter whether the alcohol is wine, beer or spirits, the risk of cancer is the same.

I know from personal experience that it is fairly easy to reach 14 units in a week – a glass of wine with your evening meal each night, a couple of pints in the pub when you meet friends two or three times a week. Be honest and check out how many units you've had in the last week. Many drinks will have the number of units on the bottle. As a rough guide, a 175ml glass of wine has 2U, a pint of beer or lager (not the strong ones) has 2U and a measure of spirits has 1U. But if you want to be more accurate, there is an easy calculation:



Strength (alcohol by volume) x Volume of drink (ml) ÷ 1,000 = Number of units

E.g.: 12 (red wine %) x 175ml glass ÷ 1,000 = 2.1U

Do you need a "Dry January" to consider your relationship with alcohol? (It doesn't have to be January, any month will do!) H&E

Look after yourself...

Barbara Lower is a retired GP who lives in Derbyshire. Her advice is for information only, and we would always recommend you see a doctor in the first instance before embarking on any new course of treatment.



PHOTO: © Steve Betts/British Naturism

DISABILITY MATTERS

with Martin Warrillow

I WROTE A PRESENTATION ABOUT MYSELF THIS MONTH. It was entitled 'Who Am I?' and in just over 1,200 words, it told the story of my life. Having written it, I then had to read it in front of about a dozen other people. It started with all my various childhood ailments, mentioned the fact that I was diagnosed with epilepsy in 2006 and, of course, talked a lot about my stroke in 2013 and my subsequent struggle to rebuild my life and go in a different direction.

Some of the audience already knew some of this from a previous talk but it was news to plenty of them. And yes, they were hugely interested and moved by what I said. I was asked all the usual questions about being a stroke-survivor, as well as about living with epilepsy (which is now successfully controlled by a cocktail of tablets, by the way).

But the talk also covered my life in naturism, my time as editor of *British Naturism* magazine and the role I fill as a columnist in this fine publication.

And understandably, the majority of questions I had to deal with afterwards were to do with naturism. How did I get interested in it in the first place? Through a (female) friend at work, who didn't mind telling people where she and her husband went on holiday every summer and how they spent their holidays. Do you just wander around naked at home? Well, yes, why wouldn't you? Do you go to events with other people? Well, obviously? What happens if you get an erection? Personally, I've never seen it happen in 25 years because naturism is completely non-sexual but if you did, you'd hide it pretty quickly because getting sexually aroused is frowned upon. Do you go on naturist holidays abroad? Well, of course, or at least we did when we could afford it before my stroke. How did you get to edit the magazine and to write for *H&E*? In both cases, the publications asked me because they knew I was a good combination of an ardent naturist and (I hope) a pretty good writer.

Isn't it cold? Well, yes, in the UK, it can get cold, but then you stay dressed – naturists aren't daft. Isn't everyone looking at you because I don't think I could cope with feeling jealous about someone with the perfect body when I've got saggy boobs and a stomach that's had four babies and looks like it's had eight? No, no-one's looking and the perfect body doesn't exist.

> **I spent nearly as long answering questions about naturism as I did delivering my talk**

Obviously, these are all questions that experienced naturists are used to answering – at least, those of us who are prepared to stick our heads over the parapet and talk in public about our love of the naked lifestyle.

The questions about naturism took up three times as long as the questions about my stroke and my epilepsy and I spent nearly as long answering questions about naturism as I did delivering the talk. I always see that as a good sign – a sign that people are curious and interested rather than embarrassed. It's always a sign that you've planted a seed somewhere which might eventually flourish; someone who's heard the talk might venture on to a clothes-optional beach the next time they're abroad and have the courage to strip off. Someone might seek out this magazine, if only to read my column.

Like all of these things, you might speak to 20-30 people and catch the interest of just one – in that case, it's worth it. I like to think I've been talking about naturism for long enough that I am able to spot that person – even if they don't come out and say so in front of the rest of the audience.

In this case, I think I spotted that person. Slightly older than the rest (which is always the case, isn't it?) she was keen to burst the body-image objections put up by others. She asked a series of questions which, to be honest, were dead giveaways about her interest and when I had finished, even admitted that, in the right circumstances (abroad in a hot climate, with her natural guard down) she could be persuaded to try it.

I hope she does; I might even have a quiet word about it. And that sums up the nature of what I do in talking about what's happened to me and about naturism. If I persuade one person to change their lifestyle to avoid a stroke, then I've succeeded. And if I persuade one person to enjoy naturism, then I've succeeded. H&E

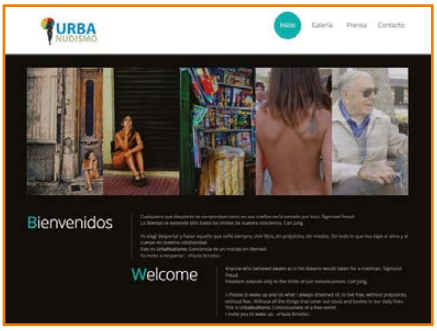
Ask the Warrior!

Martin Warrillow has been a journalist for more than 20 years, spending many years working on the *Birmingham Post*. From 2010-2013 he edited *British Naturism* magazine. In December 2013, he suffered a stroke that nearly killed him. He is now passionate about helping people understand the causes of strokes, how to deal with them and how to rehabilitate stroke survivors. Visit his website at askthewarrior.com



TANGLED WEB

Paul Rouse continues his series of reviews of naturist websites. This month: Photography



WEBSITE: Urbanudismo
URL: www.urbanudismo.org
CONTENT: Promotes the work of Argentinian model and naked activist Paula Brindisi, and the photographers she and other models work with. The website is largely a glorified photo gallery, but it also highlights the extensive media exposure she has received, and has links to her Facebook and Flickr pages, where you can see even more examples of her at work.
DESIGN: Simple and straightforward 'photo blog' style, but it does the job.
PRACTICALITY: The prime language is Spanish, but there isn't that much text, and the majority of the photos – which are in turn artistic, sexy and funny – are fairly self-explanatory. With a limited number of sections (home, gallery, media coverage and contact details) it's also easily navigated.
CONCLUSION: Proof that a picture does indeed paint a thousand words.

RATING: 6/10

WEBSITE: Pure Nudism
URL: www.purenudism.com
CONTENT: The shop window for a US company selling photographs, DVDs and videos of family naturism. There's a reasonable selection of preview photos, but after that you have to sign up if you'd like to see more.
DESIGN: Messy, cluttered and too 'in your face' for my liking: it looks like the designers have simply kept adding content without taking a step back and looking at the bigger picture – or the fact that it is curiously old-fashioned and in need of major streamlining.
PRACTICALITY: The design problems don't make it easy to see the wood for the trees, and there's no way of telling (until it's too late) that the image or promotion you have clicked



on takes you out of the free preview area and into the 'sign up now' zone, which stops you in your tracks. It's also curiously 'wordy' for what should be a photo-led website.
CONCLUSION: One of those 'it could only be American' websites. And if you're not comfortable with seeing lots of photos of naked children (albeit in a totally naturist family environment) you have been warned.

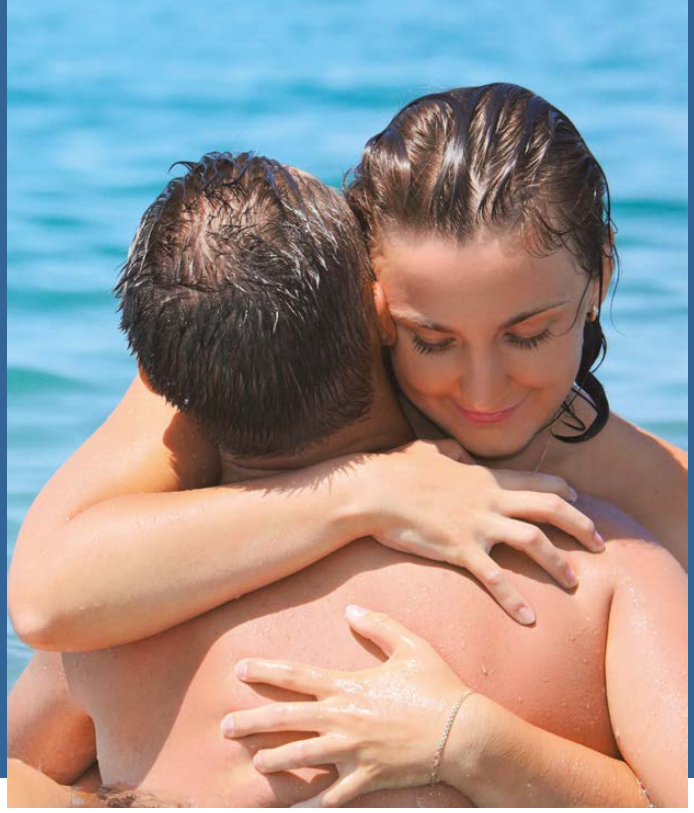
RATING: 4/10

WEBSITE: Laura Pannack Photography
URL: www.laurapannack.com
CONTENT: Portfolio of the London-based commercial, social documentary and portrait photographer who works across a wide range of subjects, and is best known to naturists for her Young British Naturists photoshoot taken at a variety of naturist clubs in 2015.



DESIGN: Clean, simple, and in neutral pastel shades that showcases, rather than detracts from, the main point of the website: the photos.
PRACTICALITY: The photo galleries are well laid out, and give you the option of seeing them as thumbnails and a slideshow. The supporting text is largely superfluous – a good job, as you don't seem to be able to scroll down to read it all.
CONCLUSION: Good to see a young photographer recognising that young people also take their clothes off in public, and that naturism isn't confined to ageing eccentrics.

RATING: 7/10



Happy holidays: A naturist break proved to be especially stimulating for this couple...

Q&A

Q We are a couple in our early 40s and drifted into naturism after a holiday in Spain in 2010 when we accidentally went on to a nudist beach. I enjoyed the feeling of being naked, so we looked for the same kind of beach on our next holiday. My husband then discovered *H&E* and, from that, the venue for our holiday in 2014 – a proper naturist one in a beautiful place with about 200 other people – mainly couples like us.

I have read that naturism is not about sex, but for my husband it seems it most certainly is – but in a most peculiar way. We are just a normal couple, married for 20 years with no children. At home we make love a couple of times a month on average but from almost the first day of our holiday he wanted sex, and on every single day after that – sometimes more than once a day. For about a week after our return it was like this, but then we quickly went back to our normal routine.

I was quite looking forward to a naturist holiday the following year – this time I wondered if the last one was just a blip, but no – he still seemed to have an enormous amount of sexual energy. I can't really say that I didn't enjoy it, although occasionally it did get a bit much. Back home we had about a week of daily sex, but then practically nothing since.

Now that holidays are on the horizon again he has started to talk enthusiastically of the coming summer and a return to our continental nudist resort, but our current sex life when not on holiday remains very much in the doldrums and I don't think we have made love more than a couple of times since July 2015.

I love my husband and enjoy sex with him but have to admit that I do find this on/off routine rather disturbing. We are both a bit reserved and have never talked much about things sexual, just got on with it really during our busy working lives.

We are both employed in local government and also do quite a bit of voluntary work in the community. We live in a country town and I can't talk to anyone about this, even my doctor, and especially my family as it involves the issue of naturism and nudity, hence this letter to you in the hope that you can throw some light on the matter.

Anonymous, via e-mail

A *If you have taken* H&E *for a few years you will probably have read (often conflicting) statements about naturism and sex, so this whole issue could probably do with a bit more explanation.*

The reality is that it's not much use in taking up a naturist lifestyle in the hope that you will discover end-to-end sex – but that doesn't mean that naturists don't have just as much or maybe even more sex than everyone else.

Although opportunity is a vital component for sex, the main ingredient for success is stimulation. Over the years humans have used all kinds of weird and wonderful ways to attain sufficient stimuli, but there is nothing to compare with the body itself.

In any holiday away from the stresses and strains of ordinary life most people find it easier to relax. However, not only are naturists on holiday able to do so in conditions that I have no need to describe to you (as you have already been there) they are for most of the time not only naked themselves, but also constantly surrounded by hordes of other naked bodies.

With the contrast between your rather ordinary daily home life, it's not surprising that his reaction on holiday is a bit over the top. And if this still sounds a bit abnormal to you, remember it is the woman he loves that he is enjoying sex with and no-one else.

I have no medical qualifications but there doesn't seem to be much wrong with your husband healthwise if he can be so sexually active, even if it's only on holiday. However, if you are still concerned, it might be wise to talk to your doctor or a counsellor. You will be assured of absolute confidentiality.

Why not put aside an hour or so occasionally to talk to your husband about your last holiday and some of the things you enjoyed about it – not just the sex but the whole thing. You may both find this in itself a stimulating experience and ultimately discover a satisfactory balance between sex at home and sex on holiday. And I hope you enjoy your next holiday as much as your husband has obviously enjoyed your previous ones.

Mike McGregor

PHOTO: © Paha_L/bigstockphoto.com (posed by models)

Any questions?

Do you have a naturist-related problem or query? Email **questions@henaturist.net** or write to the address on page 3.

NUSA SUN

'Awesome James', the chainsaw carver

by Debbie Wood



IT'S EVENING AND I'M SITTING IN MY BACKYARD ADMIRING AN AMAZING WORK OF ART IN PROGRESS. I can't help but giggle as I think, "here's one guy with a chainsaw I don't have to be afraid of!"

James Kelske, known as "Awesome James," has been carving an 8ft oak stump into a ferocious-looking Tiki. Ka'ne, God of Light and Life, scowls at me with huge triangle eyes. Just under him is Ku, God of War, baring his teeth. You can almost hear him growl!

Just a day or so ago there were two large oak trees where the Tiki is taking shape. The second in this carving project will be a Maori, better known as an Easter Island head. We'd been coveting an Awesome James carving for a long time, ever since we began to see his work around Paradise Lakes.

I've always wondered what it's like to carve wood with a chainsaw and have it be anything recognisable. I've observed that James typically starts out making cuts with his steel chainsaw and, once he's got his desired shape, he smoothes the rougher cuts with his grinder and then refines with his sander. It's a long process but the result is truly amazing.

When this work is finished, he brushes away the debris and sprays bleach water to thoroughly clean the sculpture. Once that dries, James applies either Spar polyurethane, which accentuates the grain of the wood as it protects the art, or, using the colours of your choice, paints the piece. We chose to keep ours "natural" and we're pleased to hear James will return annually to re-coat them for a reasonable fee.



During his break, I start by asking how long he's been carving with a chainsaw. "Off and on for 10 years," James replies.

"What made you want to try this?" I wonder. "Hunger!" he laughs, and continues: "I was at work one day, it wasn't busy, and this chainsaw carver from Daytona came by. He offered to set up and carve to bring customers by. I watched him for a while and then he asked me what I thought of it. My reply was 'I could do this.' The carver suggested we both set up a piece of wood and get to work. He offered no advice or instruction but when I was done, the carver admired my work and said 'yes, I guess you can!' It seemed pretty simple to me.

"There's nothing like being able to make a living creating something. When you love your work, it's not work at all. There is no time clock, there are no rules. Sometimes I plan what I'm going to carve. Sometimes the piece tells me what it wants to be," James says.

James loves seeing delighted customers. He keeps a wide selection of carvings on hand at his shop and also does custom pieces. All he needs is a picture of what you want.

"Do you have a favourite wood you like to work with, James?" I ask. "My #1 is Florida Red Cedar and my #2 is Florida Cypress," he responds. "Do you have a favourite piece?" is my next question. "Do you have a favourite child?" James asks. "They're all my babies." He says with a smile. I can relate to that.

Then I ask which piece sells the best. "Pink Flamingos, hands down," says James. Somehow that comes as no surprise. "One last question, James," I tell him. "How did you get the name, Awesome James?" His answer: "Each time I'd show a finished piece I'd hear 'that's awesome, James!' and it dawned on me that this was a great nickname, so now I'm Awesome James."

● *Find James on Facebook (search "Chainsaw Carvings by James").*

About NUSA SUN...

NUSA SUN, which was launched in 2009, is a monthly US magazine featuring articles, essays and advertisements related to and about the naturist/clothes-free lifestyle, and in 2011 it began a regular editorial exchange of articles with *H&E*. For more information, visit www.nusasun.com



NAKED VEGAN COOKING



THERE HAS BEEN A LOT OF HEALTH-RELATED NEWS RECENTLY. The deepening of cuts, closure of several major charities, the ongoing privatisation of the NHS, and the industrial action over the implementation of an unfair and unsafe contract for 65,000 junior doctors, to name a few. Hidden under those headlines, and much less talked about, is that David Cameron has just blocked compulsory age-appropriate sex education in schools. Currently, primary schools and academies (which now make up the majority of secondary schools) are not mandated to teach sex-ed, and many choose not to.

In doing so, he has defied the wishes of pretty much every teaching union, health service, police commissioner, and even his own Education Secretary Nicky Morgan, who has tirelessly campaigned on the issue. Kids of all ages are increasingly being exposed to increasingly extreme sexual content through the internet, meaning it is important to educate about sex and relationships from a younger age. Various studies have shown that early, age-appropriate, sex education leads to better sexual health and a reduction in sexual abuse of vulnerable minors.

Thinking back to my own time at school (I'm 27), the sex education on offer was pretty dire. I can remember having one sex-ed class in junior school, and a second class in year 11, by which point half of the school was having sex. The sex-ed itself was pretty limited and consisted of putting a condom on a banana and that's about it. There were, thankfully, no banana-related pregnancies that year, but several students in my year either had pregnancy scares or took time out of school to have a baby.

Part of my day job involves some work in schools across the country. Despite Section 21 being repealed in 2000, I have talked to a handful of teachers who think that it is still illegal to talk about non-heterosexual relationships in the context of sex and relationship education (...and we wonder why LGBT people have a higher rate of sexual health problems!). Most sexual education classes do not seem to adequately emphasise the importance of consent and healthy relationships, either. This is why this month, in spite of David Cameron, I'm supporting charities such as Brook which help teach young people about sex and relationship education, attempting to plug this huge gap in our curriculum.

This month's recipe thankfully contains no bananas. It is a recipe adapted from one that I have seen doing the rounds on Facebook – guacamole loaded onion rings. At first I was sceptical but now I am a believer. Give 'em a go and you won't be disappointed.

Jess

Find out more...

Nakedvegancooking.com is a blog full of delicious, easy-to-cook vegan recipes and beautiful, naked bodies – and not an airbrush in sight. The blog was started by Greta, Jess and Luke. They like to cook naked, for themselves, their friends and lovers out of their huge, messy shared house in Manchester, and then post the recipes and photos online. You can also submit your own recipes and photos, so do get in touch. Happy cooking!

Guacamole loaded onion rings



Ingredients

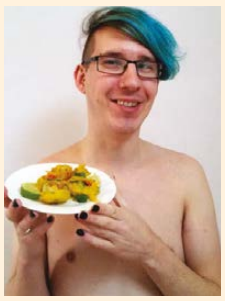
For the guacamole: 4 ripe avocados, juice of 1 lime, 1 diced tomato, half a handful of coriander leaves (roughly chopped), 2-3 garlic cloves (minced), 1 chilli (de-seeded, minced), 1 tsp salt, 2–3 medium yellow onions.

For the batter: 225ml beer or sparkling water, 1 cup flour, 1 tsp sugar, ¼ tsp baking soda, ¼ tsp baking powder, ½ tsp salt, 1 egg's worth of egg replacer (I used xanthan gum, but you could use an egg if you are not vegan), 3 tbsp oil, further oil for deep-frying (preferred), or shallow frying (wastes less oil).

Method

To make the guacamole, peel and mash the avocados and place in a mixing bowl. Mix in the chopped tomato, coriander, chilli, salt and the juice of a lime. Combine.

Cut the onion into slices about a half-inch thick. Carefully separate the layers into individual rings. On a tray lined with greaseproof paper, lay out the onion rings and fill each with guacamole.

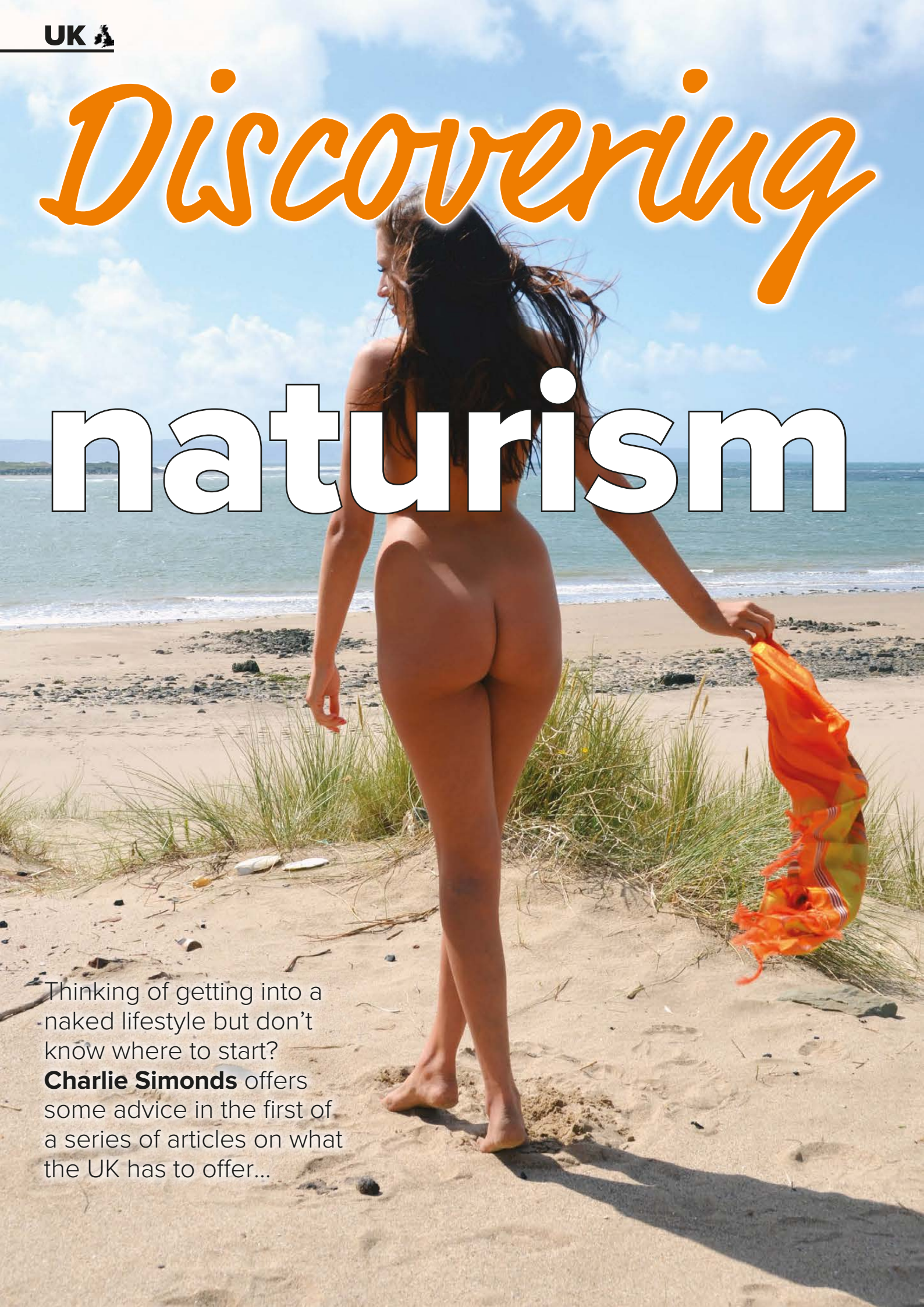


Place the tray in freezer until solid. This should take about an hour.

To make the batter, sift the flour with the other dry ingredients into a bowl. Add the oil, the egg and the beer/sparkling water. Meanwhile, heat the oil in the pan. When you are ready, remove the frozen onion rings from the freezer, dredge in the batter and either deep or shallow-fry until cooked.

Place on a plate lined with kitchen roll to blot off the oil and sprinkle with salt and serve. Enjoy!

Discovering naturism



Thinking of getting into a naked lifestyle but don't know where to start? **Charlie Simonds** offers some advice in the first of a series of articles on what the UK has to offer...



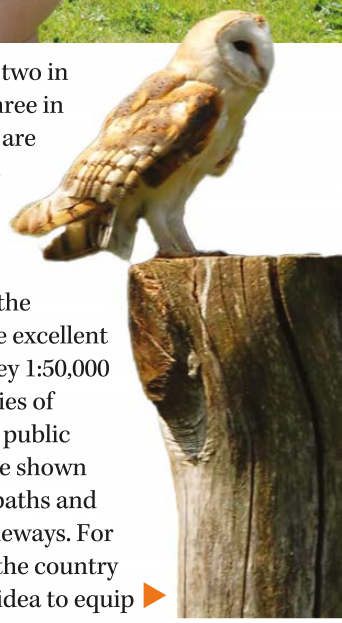
THIS PIECE IS AIMED AT THOSE WHO ARE PLUCKING UP THE NECESSARY COURAGE TO EXPERIENCE NATURISM FOR THE FIRST TIME, OR WHO HAVE ONLY JUST DISCOVERED THE MAGIC OF OUR LIFESTYLE AND WOULD LIKE TO EXTEND THEIR NAKED HORIZONS.

Firstly, let's have a look at what naturism is and the original definition provided by the International Naturist Federation (INF) in 1974 is not a bad place to start: "Naturism is a way of life in harmony with nature, characterised by the practice of communal nudity, with the intention of encouraging self respect, respect for others and for the environment."

My personal definition is somewhat simpler: naturism is the enjoyment of the freedom of being naked when it's comfortable to be so and when it doesn't offend anybody. And let's be fair, the caveat of not offending anyone should exist in our everyday lives anyway. I mention the latter because some relative newcomers to naturism believe that, when we shed our clothes, anything goes, with exhibitionism being the norm, of which we shouldn't be judgmental – this belief is irresponsible and fuels the general public's perception of naturism being a somewhat dodgy activity practised by a bunch of weirdos. Interestingly the law of the land permits nudity in public providing it doesn't cause any offence. So naturism is a lifestyle to be enjoyed responsibly.

Let's initially have a look at the various ways the enjoyment of the freedom of naturism can be enjoyed at no cost. The ideal situation is that you may just be lucky enough to have a secluded garden where you can strip off and enjoy the warming rays of the sun when it's shining. If your garden is partially overlooked by neighbours, it's best to approach them to explain that you enjoy naturism and that in so doing you don't wish to cause them any offence. Ask them if they have any objections as it's best to find out before they start complaining that they find your naturist behaviour offensive.

The countryside offers cost-free enjoyment of naturism on a huge scale with a general appreciation of it being readily available. It confirms the INF's adage that "naturism is a lifestyle in harmony with nature". There are 15 National Parks in the UK, a number which includes two in Scotland and three in Wales, so there are plenty of places in the country where you can get away from it all, and the best guide is the excellent Ordnance Survey 1:50,000 Landranger series of maps on which public rights of way are shown as ----- for footpaths and – – – – – for bridleways. For a naked day in the country it's also a good idea to equip ▶



PARAFOTOS FILM PRODUCTIONS

PROMOTING NATURISM WITH THE BEST OF BOOKS AND FILMS ABOUT NATURISM AND NATURIST RESORTS AROUND THE WORLD

Please visit our website at **www.parafotos.co.uk**,
drop us a note to PO Box 269, Pewsey, Wiltshire SN9 6PD
or phone **01980 630761** for a copy of our latest brochure

yourself with a small rucksack in which you can carry any refreshments, your having-been-shed clothes, your camera and your mobile phone – the latter should be switched off and only used for emergencies, as keeping noise to a minimum is important if you wish to encounter undisturbed wildlife.

There's a huge variety of wildlife to be seen depending on where you are in the country, and enjoyment of it seems especially pleasurable if, like the wildlife, you are also naked. Please respect the countryside by avoiding farmers' livestock and crops, by closing any gates after you and by taking any litter home with you. And do watch out for electric fences, particularly if you're naked!

Like many aspects of naturism, enjoyment of naked walks in the countryside is enhanced if there is a group of you – and somehow safety in numbers makes your walk seem more acceptable to any 'textiles' you might encounter. A textile is, of course, anyone who has yet to shed his or her clothes in a naturist environment. If you should encounter textiles just treat them to a friendly wave and a cheerful smile – remember you're not doing anything illegal, therefore you've got nothing of which to be ashamed. I've unexpectedly encountered textiles on a number of occasions with waves and smiles being readily reciprocated – it works!

Naturism is more often than not associated with being naked on beaches, with there being both official and unofficial alternatives – either/or the enjoyment of sunlit sea and sand is usually not going to cost you anything. The only difference is that official naturist beaches are usually easily accessible, making them more popular than their unofficial alternatives, which are often remote and sometimes difficult to access – your choice! The Lifestyle Press publication, *Bare Britain*, (available from the H&E Shop) is not only a useful guide to the country's bare beaches, but it also provides comprehensive details of naturist clubs



Shore thing: Becky enjoys a day on a[n] official naturist beach



Working, naturally: Suze catches some rays in the garden

throughout the land.

From the pages of this magazine you can also be made aware of periodic naturist events in which your participation could well be free of charge. For example, you could take part in one of the many World Naked Bike Rides that are organised in June every year, or in occasional one-off mass skinny dips (this year, the weekend of September 2-4 plays host to the Great British Skinny Dip – check out greatbritishskinnydip.co.uk) – these are invariably fun events that enable you to meet like-minded naturists from all over the country.

Obviously if you wish to enjoy the facilities of one of the many naturist clubs in the country you can expect to pay, usually with an annual membership fee. However, I mention clubs in this piece as there are a number of enlightened privately owned (proprietory) clubs that offer a day's enjoyment of the club's facilities for a nominal day's entry fee. The next piece in this series, about discovering naturism in the UK, will look at the naturist club scene and the variety of ways our naked lifestyle can be experienced by becoming a club member. Until then make the most of your naked enjoyment of the sun when it does appear, particularly when it doesn't cost you anything!



I'm so glad I finally took the plunge

by Gary Spence

I THINK IT WAS AROUND 2013 I FIRST POSED FOR A LIFE-DRAWING CLASS. After much nervousness I dared to pose for the first time in front of people I didn't know.

The whole experience was part of an attempt to almost purify myself after my theology degree a year earlier, when I was surrounded by prudish people – even if they were mostly under 30. I was slightly shy at the very first drawing session because there was one girl from my Bible study group. I'd recently found out she was a lesbian, so that put less pressure on me, in a way. I kept it a secret from my parents that I was going to the Atrium in Hartlepool, where the session was held. It was due to start at 7.30pm, but due to how bad the public transport is in Hartlepool I got the 6pm bus, the last one for a Tuesday. While waiting I did go into a Yates's and I cannot remember if I got something alcoholic for courage or not.

By about 7.30pm everybody at the class had arrived, and it was time to take off my dressing gown and be naked for the first time in public. I think I was nervous for about the first minute and then I started to relax more. The class went on until about 9pm, and during that time I had a few breaks and had to pose in about three unnatural positions, which I now find hard to remember. One of the worst experiences of the night was when the temperature started to drop, and they had to bring a small heater near my feet. But it was a fun experience outside of my ordinary life.

For about a year I was unsure what to do. I was



hoping to be invited back to pose as a life model but that group ended up folding. So I was left wondering what do I do next. I found the British Naturism website but I kept mulling it over because of the high price of membership. For months I was just thinking about things, with no action on my part. I was unemployed and didn't have a driving license and going off to university my movements were limited, so that also made it harder to join BN.

I decided in the end to take the plunge and join in January 2015. After that, I knew I was starting to take naturism more seriously. Now the problem was, which naturist landed clubs and events were in my area and how did you go about joining? For someone outside naturism it looked like a maze, as this isn't a conversation you can normally have in public.

Introductions

After I worked out how the BN Forum worked, I went to the 'Introductions' section and wrote: "Hi, I am Gary and I am new to naturism. I am based in Hartlepool. I have posed as a life model before, so I don't mind being naked in front of people I don't know. I would love to go naturist swimming and meet a lot of people in the North East of England."

Then I wondered who would respond, and hoped I'd followed what I thought was a correct way to introduce myself, to show my pure intentions of wanting to become part of naturism.

Alain in the BN Community Forum did answer me and welcomed me into naturism. I think I had a couple of conversations with him, and I checked his profile and followed him on Twitter.

It was thanks to Alain I got to visit Liverpool Sun & Air as my very first landed club a few months later. It was a Thursday night, if I remember correctly, and I walked around the site after dark and it was not too cold either. There was another young guy called Aiden, who had been a naturist longer than me.

The next day, I went with Alain to my first Jacuzzi and sauna experience at Liverpool Sun & Air. I loved the warm welcome and I was not worried about being naked in front of people I didn't know. I knew I could go through with it, and I did. It was great being able to go between a Jacuzzi and sauna without clothes and it being completely normal.

Going to British Naturism's WaterWorld in Stoke-on-Trent was a real highlight – a chance to be naked with more than 200 people and get to swim and use the slides. WaterWorld was the most liberating experience of my naturist life so far. I found out the hard way that some of the rides are really painful if you're male and naked, though...



PHOTOS: John Lower

I thought of WaterWorld as my 'rite of passage', and I was in the single and group photos taken at the event, so I could remember the occasion and be proud of myself.

By the end of the night I was so relaxed I was happy to go into the mixed showers and not even close my door in the changing room to get dressed. That just seemed a stupid thing to do.

I also visited Phoenix Sun Club and the North Western Sunbathing Society, both with Alain. Both of these clubs were originally from the same group, but separated in the 1940s; they are different in layout and what they offer, depending on what you want from naturism. I was grateful for the warm welcome I got at both clubs. It would be unfair to say which of all these three clubs was my favourite. I wouldn't want to offend anybody from those clubs who may be reading this.

I look forward to doing more in 2016. Not long after my naturist experiences I successfully applied for a job as a paid life model. I also now run the Newcastle – Gateshead World Naked Bike Ride Twitter account (@NewcastleWNBR) and plan to take part on July 2 this year.

Last December I was interviewed by TFM Radio about being a young naturist in the North East. My 20-minute interview was chopped up into three 15-second segments and ran on the news bulletins throughout the day. I didn't like hearing my own voice. I felt I sounded terrible, but I am not the best-placed to say if this was true or not. And after recently finding out there is a local swim in Thornaby, Stockton, I am glad I can try going to my first local swim, in complete contrast to the distances I previously had to travel.





Southleigh Manor

Cornwall's premier family naturist facility

Fully equipped luxury log cabins and static caravans for hire

50 pitches for touring caravans, motorhomes or tents, with or without electric hook-ups

Opening the Thursday before Easter – March 24

- *Victorian licensed bar and comfortable dining area*
- *Home-cooked food*
- *Outdoor heated swimming and paddling pool*
- *Jacuzzi and sauna*
- *Children's playground*
- *Mini-golf, table tennis and volleyball net*
- *Less than 30 minutes from two well-used naturist beaches*

SHORT WINTER BREAKS IN OUR LUXURY LOG CABINS

Contact: Bob and Kathy, Southleigh Manor Holiday Club, St Columb Major, Cornwall TR9 6HY
Tel: 01637 880938
Email: enquiries@southleigh-manor.com
Web: www.southleigh-manor.com

Affiliated to BN

AA 3 Pennant Family Park

SOUTHLEIGH MANOR NATURALLY

alan rogers Recommended by the Alan Rogers Guide

If you live in Cornwall, why not join Southleigh Manor Sun Club?

THE NUDE WORLD ATLAS

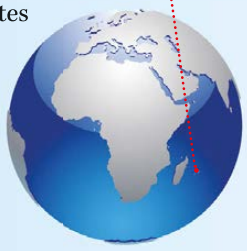
This month, **Rayner Otter** considers whether to be, or not to be (nude), in some very different places...



PHOTO: Charlie Simonds

TROMELIN ISLAND

Have we visited the tiniest 'country' on Earth, yet? We might have to wait until The Vatican to find out, but this speck of sand 230 nautical miles off the coast of Madagascar in the Indian Ocean could easily vie for that honour. It is smaller than a lot of British farms but it does have a flag, an unpaved airstrip, a weather station and a population of boobies (no, not naturist ones!) and green sea turtles. It is officially a French Overseas Territory but nearby Mauritius has always laid claim to its ownership and the two countries jointly administer the island. Tromelin's 15 minutes of fame in history (15 years, actually) occurred back in the 18th century when, in 1776, a French slave ship ran aground



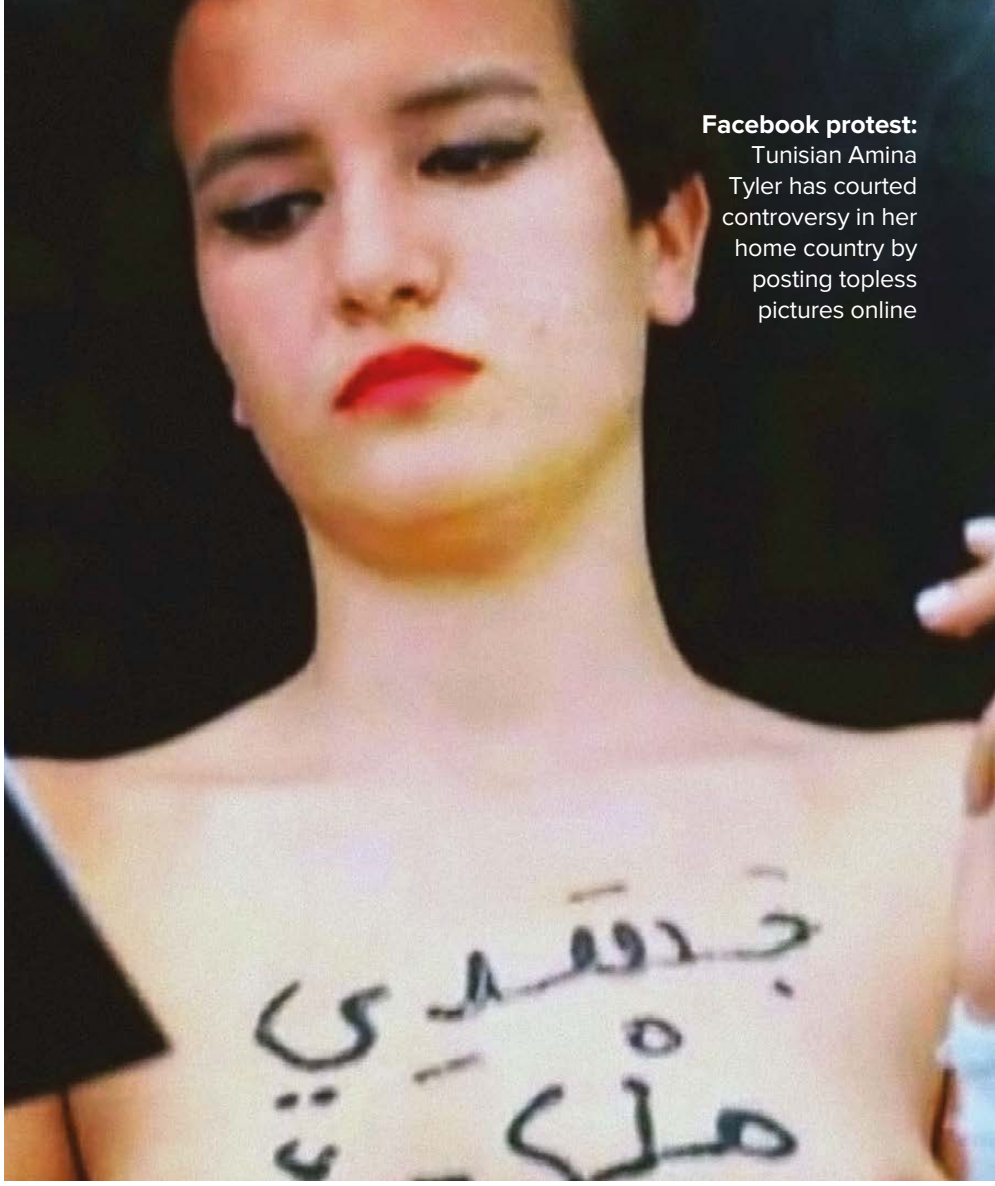
here. The crew of 122 and 60 slaves survived, dug a well, constructed some crude accommodation and, after six months, had built a raft capable of taking just 122 (guess who they were!) which managed to get the Frenchies to nearby Île de France. To their credit, the captain and officers had promised (and, I believe, also meant) to hire a ship to return for the slaves. The governor of Île de France, however, had other ideas and refused the use of a ship to rescue the poor wretches, who kept a fire burning so that their 'rescuers' could sight the isle at night. That fire burned for 15 years until an aristocratic French skipper, who gave his name to the island, landed on Tromelin to find just seven women and a baby alive. He took them to Île de France where a new, and much more humane, governor granted their freedom. Since then nothing ever happened here until the French built the weather station which is manned by meteorologists from nearby Reunion. Whether these weathermen ever get naked here or not isn't known but my guess is... why the hell not? After all they are surrounded by a lot of bobbing boobies.

RATING: ☼☼

TUNISIA



It shouldn't need me to remind readers that, following the museum massacre in Tunisia earlier last year, in June, a drugged-up Islamic terrorist with a Kalashnikov walked calmly along a beach near the Mediterranean resort of Sousse, laughing while he opened fire on hundreds of Europeans wearing bermudas and bikinis. At the end of this onslaught, 38 tourists lay dead – 30 of them British – and the local security force finished the assassin off, too. Now, these were 'ordinary' tourists wearing, er, swimwear. How much more angst could this madman have bottled up, and then shot off, had these tourists been naked? Nobody could guess, of course, but the ultimate point is... DON'T go nude in Tunisia. In fact, just don't GO to Tunisia! Which is such a pity, because this scenic north African country, with a friendly, hospitable population, is worth any traveller's visit. It is home to some pretty impressive archaeological sites, such as the old city of Tunis, the Roman town of Dougge, the Medina of Sousse and is where the ancient metropolis of Carthage was located. The latter two, by the way, were used as film sets for *Monty Python's Life of Brian* in which Graham Chapman became the country's first on-screen full-frontal flasher before hordes of slightly embarrassed local film extras. And while we are on the subject of cinema, Tunisia was also used for the filming of *Star Wars*. It really is that diverse in its character.



Facebook protest: Tunisian Amina Tyler has courted controversy in her home country by posting topless pictures online

It is as a beach holiday destination, though, that Tunisia is known to most Brits. Endless sandy coastlines and almost year-round sunshine have been attracting north Europeans for nearly 60 years now. And, needless to say, some of them went a bit further in the (un-)dress department than would seem prudent. Most 'western' hotels allowed toplessness around their pool complexes (some still might!) and Russian visitors made a point of achieving 'next to nothing attire' with midriff-challenged, middle-aged men looking like prats in tiny thongs. Some, apparently, went a bit further and reports of total nudity emanated from around Djerba and the west beach at Hammamet. It might have even caught on among the locals because seven Tunisians, including one woman, have registered themselves as naturists on the True Nudists blog site. One plucky Tunisian girl, 19-year-old Amina Tyler, has even posted topless images of herself on Facebook, with Arabic messages painted on her naked torso demanding the freedom to express

Key to ratings

Forbidden! Just DON'T!	⊘
It may be possible, but is it worth it?	☼
Some naturist possibilities in remote situations	☼☼
Some naturist clubs or beaches exist	☼☼☼
Regular nude destination. Naturism legal or tolerated.	☼☼☼☼
Fantastic naturist destination!	☼☼☼☼☼

her body however she wishes. This has led to her being referred to as an "epidemic", with demands by some reactionary clerics that she should be lashed and even stoned to death. This, in turn, set off a chain reaction of women from different countries exposing their bodies online in her support.

So, here we have a tits-friendly, beach holiday destination where full-on nudity was just developing and yet where madmen gun down even fully clothed museum visitors; but also a place where a local girl can be threatened with execution because she has exposed her breasts online. Should it get a three or two-star rating? Should I suggest the safer one star? After what happened in Tunisia last year, and with our Government advising that another terrorist attack is "likely", there can be only one rating that any responsible naturist writer could award.

RATING: ⊘

TURKEY



Now we come to one of my favourite countries. Oddly, perhaps, for an ardent naturist, three of my 'top 10' are largely Muslim nations (the other two are Morocco and Oman). Turkey, however, despite its 99% Sunni Muslim population, remains officially a secular state with equality of religion written into its constitution. This makes it a very liberal and easy place for westerners to visit. Apart from a few local journalists, most of us can enjoy a certain freedom of speech. Alcohol – including some interesting local stuff – can be bought almost everywhere. And attire that would be considered immodest by Koranic values is tolerated. I would advise any reader who might visit this wonderful country to respect the religion of the people, however. The Fräulein and I have visited Turkey on a number of occasions and, always, when we are in local situations, dress conservatively. We spent the New Year there last year and once, when visiting a very holy site in Istanbul, we made a point of covering our arms, legs and the Fräulein's head (it was freezing cold, anyway!). We were more 'covered' than many of the locals and that actually made them respect us more and warm to us. Regardless of our differences in beliefs, there is no excuse for impoliteness to hosts when visiting a foreign country. Having said that, there is a whole lot of nudity going on in Turkey!



No longer naturist? The Hotel Adaburnu-Gölmar tried opening as a nude resort

Besides the traditional hammams, which I have banged on about in scores of articles, which the women enjoy completely naked and the men almost so (never together, unfortunately!), there is now mainstream naturism happening, too. The best-known site is the 18 kilometres of sand known as Patara Beach. This is perhaps the longest strand in the Levant and certainly the widest in Turkey. It is backed by dunes and mountains and has a 'family' zone at one end which is textile. After that, anything (including all clothing) goes... literally. A good walk in the direction of eternity will

TURKMENISTAN



Yet again we find ourselves in one of those central Asian states that was once a part of the USSR, and this one's most fascinating feature is the "Door to Hell". This is a hole in the Earth in the remote Karakum Desert that has been on fire for more than 40 years. Apparently back in the 1970s some geologists dug a hole, discovered natural gas and lit a match. The whole gas field exploded and has been belching out flames and smoke ever since – and, incidentally, polluting our planet far more than my 35-year-old Volkswagen and all its VW brothers and sisters worldwide could do in even a German car's lifetime!

At the other end of the ancient elementary scale, almost on the other side of the country, another geological feature is the Köw Ata underground sulphur



lake. This is a cavernous pool some 200m long which stays at a steady 35 degrees Celsius and is an ideal place to take a plunge if you have any minor ailments – and if you don't mind sharing the experience with a million bats. This is also home to an awful lot of these creatures which, presumably, defecate in those healing waters. Also be sure to wear a cossie if you do take the plunge. Turkmenistan doesn't take to nudists. In fact it doesn't take to visitors at all. If an outsider can get a visa, he or she is likely to encounter police and military at every stage of their visit. The locals are xenophobically cautious of foreigners, and life here is much as it was back in the USSR. This is a police state and one which is unlikely to ever feature in travel brochures. Despite this the government has created a tourism project, Avaza, on the country's Caspian Sea coast which is expected to rival Dubai. It doesn't. And it won't. The coastline is filthy and polluted and certainly not naturist-friendly. Nude images (including works of art), homosexuality, prostitution, and even long hair are banned. Give Turkmenistan a miss. It sounds like a hell-hole. Oh, yes... it is, isn't it?

RATING: ⊘

bring you to pure nakedness and a lot more besides. It seems that once the Turks cross the line from total modesty to nudity, the restraints are let go altogether. Apparently adult activity here is quite the norm but, being Turkey (yes, you've guessed it!), most of the naughtiness is open, public man-sex. Fortunately, this sandy shore goes so far that you can find gay-free places to strip. Some years ago the Fräulein and I swam naked along this coast diving into a freezing cold sea from a friend's yacht. We saw no-one else on this beach, nude or clothed. It was heaven. Apart from the sea temperature – which was hardly Otter-friendly, if you follow me. Nearby the Hotel Adaburnu-Gölmar tried opening as a naturist resort and is still widely referred to as such. Traveller reviews, however, tell a different story and the establishment now seems to be fully textile. Apparently, though, it does have a "private nudist beach" about 15 minutes' drive away where evening naturist barbecues are still held. There is also at least one "naturist villa" offered to clothes-shy tourists near Karpaz and there are several Gulet cruises which tolerate or encourage nudity on board and put into quiet unused bays to allow ad hoc skinny-dipping. Some of these, like Patara beach, also go a bit beyond the "let's get undressed" stage and offer "lifestyle" holidays. That's "swinging" to you and me.

At another level of naturism there is Butterfly Valley near Fethiye. This is a nature reserve and well marked on the tourist map but only accessible by boat. A pretty beach leads into a 300m-wide valley along which a short hike will lead to waterfalls where millions of butterflies flutter. A part of the beach is used *au naturel* at certain times – usually in the evenings after most tourists have left. Those who remain tend to be hippies who camp here and use the beach in the nude. It's the sort of place where, if you do stay for the night, you may wake up not remembering what you were smoking last night, or who it is you are lying naked on top of!

I said Turkey was one of my favourite places!

RATING: ☼☼☼

TURKS AND CAICOS ISLANDS

This idyllic archipelago in the Caribbean has to be one of the most sought-after destinations on Earth. That's why everything is a tad expensive here and the islands are a favourite with celebs. There are 40 islands in all, seven of them inhabited, and 230 miles of sandy beaches with the texture of icing sugar. No problem getting naked there, then. Well, there is. First of all every website and news report tells you that on TCI, as they are locally known, nudity is quite illegal and, secondly, the place is full of prudish and tummily-challenged Americans and Canadians in colourful bermuda shorts munching their way through imported beef steaks and local conch salads. The Canadians are so prolific, in fact, that it has even been mooted that the Turks and Caicos might become affiliated with Canada – both Commonwealth countries – should they ever change their status as a British Overseas Territory. Now, I've never quite understood why such liberal people as the Canadians, nor, for that matter the Americans who swarm aboard nude cruises each year,

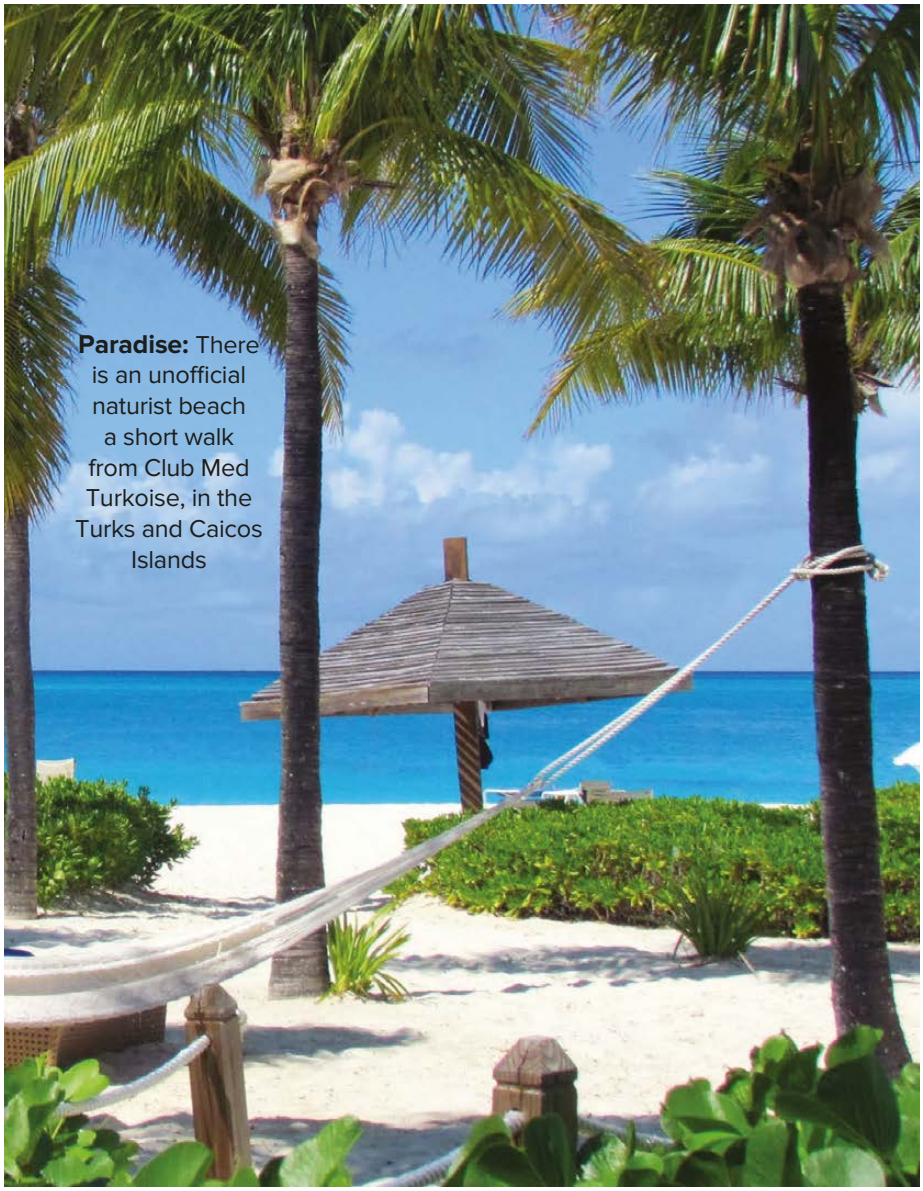




should be so shocked by nudity. But, whenever I come across shock-horror comments in message boards about nudity, it is mostly from our North American cousins. Strangely, some of these refer to Europe as being the centre of naked iniquity; then others claim that there cannot possibly be any nude activity in such places as TCI because they are under the control of "stuffed-shirt Brits"! Well, let me just quote a "stuffed shirt" Brit who is a bit of a legal beagle on the Caicos island of Providenciales (shortened to "Provo" by linguistically-challenged Americans): the law on nudity there is based on our own Sexual Offences Act of 2003. So nudity is no more illegal (or legal, depending on interpretation!) than it is on our own dear shores. It seems that the indigenous locals and an awful lot of imported North American prudes just don't like nakedness – so it's outlawed.

Now this is a great pity because these are some of the best beaches in the world. In fact *Condé Nast* frequently vote one of the talcum-powdered strands here as the "World's Best". And some of them are just crying out to be played on naked. Which, of course… they are! First of all, French visitors, as ever, consider that laws are of an advisory nature only. At Club Med Turkoise and the Sibonne resort, both very Gallicly patronised, toplessness has been the norm since the beginning of time – well non-daylight saving time, anyway (Club Med refuses to recognise the locally changing time band!). Then, further along the coast from Club Med, on Grace Bay, about a 15-minute walk east, there is an unofficial, but signposted, nudist beach. Apparently this is a favourite of French tourists and… even some North Americans! It seems that some of the latter are eschewing their normal pursuits of golf, marlin fishing and eating, to play saucily at Club Med with its adult-only policy and weekly foam parties.

Another local reporter has witnessed the so-called "nude police" (beach patrols in 4x4 vehicles) come across a group of naked "French beauties" and instead of arresting them, drove straight past and "almost right into the ocean!" So, it seems that there is hope for us on this, the most crowded and populous, island of Provo. Across a few straights lies North Caicos, home to only 2,000 of the TCI's friendliest people, and here there is far more opportunity for naked bathing. "Bob" has been bathing nude on a stretch of sand near Horse Stable Beach for 40 years now and has created Bob's Beach – the first unofficial nude beach on the island. Good on you, Bob! And, so far we have only looked at populated islands. If you hire a car, or, better, a boat, the sky – or the horizon, at any rate – is your limit. There are, after all, more than 30 uninhabited islands and only one, Salt Cay, has an absolute ban on "fishing and nude bathing". On the rest, and on many deserted coves on the other sparsely occupied islands and cays, it is possible to go *au naturel* – as many yotties certainly do. And while we are at sea, there is a huge cruise port on Grand Turk which attracts thousands of tons of tourist shipping each year. Among those are ships, such as Bare Necessities vessels, running nude cruises and one or two offering even more spicy holidays. And these all seem to be full of, er... naked Americans! So why don't they just let the rest of us get on with it without expressing so much shock-horror incredulity? H&E



Paradise: There is an unofficial naturist beach a short walk from Club Med Turkoise, in the Turks and Caicos Islands

RATING: ☼☼☼

DISCLAIMER

While every possible attempt is made to research the acceptance of naturism in the countries listed, neither H&E naturist *nor Rayner Otter can be responsible for the accuracy of this content. Laws change in some countries very rapidly and information may accordingly become outdated. We would never advise any naturist to break the law anywhere. Readers visiting any country should check the situation with its particular embassy or High Commission before travelling.*

In next month's issue:
Naked at Home, Sweet Home... or not!

NUDISM LIFESTYLE











1) **NAKED DOWN UNDER** - New Zealand nudist clubs. Hiking, trampolining, nude boat ride and a host of family sports. 75 minutes. £30 / $49

2) **MS./MR. ANTOSOVICE FAMILY NATURIST PAGEANT** - The event was open to male and female, all age groups. Over 300 attendees at this historic event. 75 minutes. £35 / $59

3) **EURO-FEST PAGEANT** - Over 100 showcase talent and personality au naturel. 120 minutes. £40 / $69

4) **HAPPY NUDE YEAR** - An auditorium packed with revelers as they see in the new year in their birthday suits. 60 minutes. £35 / $59

5) **FKK WORKOUT** - Mothers and daughters enjoy an afternoon at the gym on no-clothes-allowed day. 70 minutes. £35 / $59

6) **CZECH HOLIDAY** - A visit to 8 popular skinnydipping and nude sunbathing spots on warm sunny days packed with families. 60 minutes. £35 / $59

7) **CANADA NATURALLY PART 1** - A visit to the finest nudist resorts in Canada while summer vacation crowds are visiting. 60 minutes. £30 / $49

8) **NAKED AFRICA** - South Africa's nudist paradise. A new year's eve party is celebrated, body painting, hiking and more. 60 minutes. £30 / $49

9) **CZECH MATES** - Dozens of guys spend the day at the gym naturist-style. Dads and sons work the weights and machines. 60 minutes. £35 / $59

10) **NAKED USA: TEXAS** - Chock full of activities. Ms. Nude Texas, hiking, swimming, volleyball, nude skydiving. 60 minutes. £20 / $29

11) **HAPPY BIRTHDAY PETRA** - The house fills up with Petra's school mates and naturist club friends as they help her celebrate her birthday. 60 minutes. £35 / $59

12) **CHRISTMAS FAMILY PORTRAITS** - Three families celebrate the yuletide as nudists in their homes. 55 minutes. £35 / $59

13) **BARE AND BEAUTIFUL IN BULGARIA** - A naturist festival on Varna Beach drawing nudists from around Europe. 60 minutes. £35 / $59

14) **FKK FAMILY ALBUM** - A large naturist gathering to celebrate a baby's christening. Games and dancing. 55 minutes. £35 / $59

15) **NAKED USA: FLORIDA PART 1** - Peak season activity at several of the largest and most popular U.S. nudist resorts. 60 minutes. £35 / $59

16) **FREEDOM DENMARK** - There are no laws forbidding nudity in Denmark. Playful water fight, sauna, pool games and interviews. 60 minutes. £25 / $39



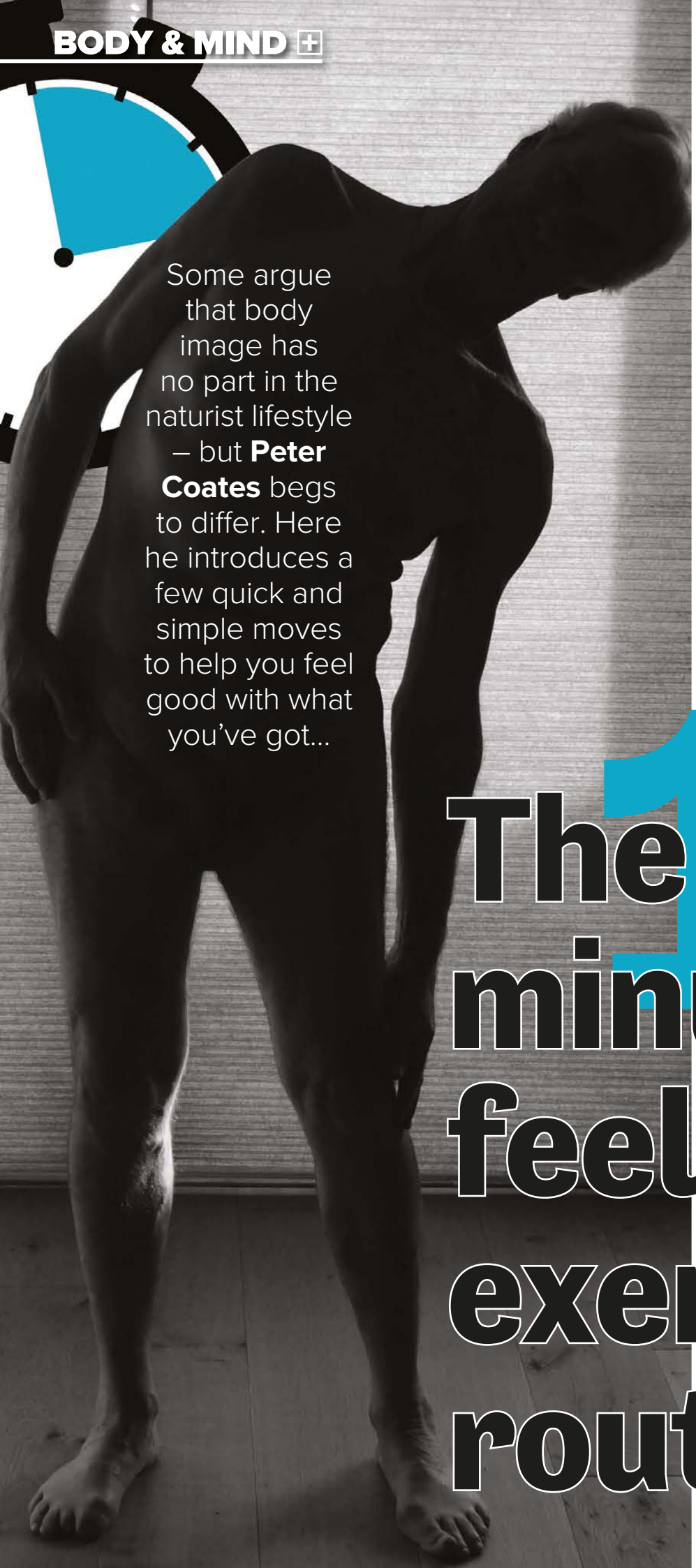


PAYMENT OPTIONS:

1. UK CUSTOMERS with a PayPal acct send order information including the order total in pounds to: info@hawkeditorial.co.uk
2. UK CUSTOMERS can pay by cheque payable to Hawk Editorial Limited. Mail cheque + order info to: H&E Naturist, P.O. Box 545, Hull HU9 9JF
3. ANY customer can choose to mail an international money order payable in US$s or by mailing any currency notes to: Lifestyles, P.O. Box 4820, Culver City CA 90230 U.S.A.

- Sold by and shipped by Lifestyles
- Include £5 / $10 P&H any size order
- For Every Two Titles Ordered At The Full Listed Price Above, Take a £15 / $25 Credit/Deduction From The Total Due (If 4 titles are ordered, deduct £30 / $45; 6 titles ordered, deduct £45 / $75 etc.).
- Discreet shipping / GUARANTEED DELIVERY
- Sample £35 / $59 DVD not listed above: £15 / $25, Foto-Catalog £5 / $5

n.e.inc@ca.rr.com



Some argue that body image has no part in the naturist lifestyle – but **Peter Coates** begs to differ. Here he introduces a few quick and simple moves to help you feel good with what you've got...

The 15 minute feelgood exercise routine...

I THINK IT'S FAIR TO SAY THAT, FOR MOST OF US, BEING NATURIST MEANS GETTING CLOSER TO NATURE, ENJOYING THE FREEDOM IT BRINGS AND BEING COMFORTABLE IN ONE'S OWN SKIN. Some might argue that body image shouldn't play any part in the naturist way of life but I beg to differ. What's wrong with a bit of body image if it means keeping in shape and keeping reasonably fit? It's all increasingly important as we get older.

There's a fine line between the kind of body awareness I'm talking about, and vanity where a nudist might use make-up and body jewellery to bring attention to their bodies. Don't get me wrong, I don't object to any of that within reason; live and let live, I say. What I am suggesting is that if we are going to go nude in public, being in reasonable shape enhances that feeling of wellbeing. It's interesting to see how many naturist resorts now offer all kinds of exercise classes to help towards

keeping us fit. From yoga to pilates to aqua aerobics, there's an increasing choice for the health-conscious naturist. This isn't about being stick-thin or going on crash diets so we can lose weight unnaturally. Let's face it, we all come in different shapes and sizes and thank goodness we do. Losing weight, and keeping our weight down, is difficult. It's been medically proven, though, that fad diets and crash diets simply don't work and in some cases can do more harm than good.

This is about being comfortable and feeling good with what we've got. So the following exercises are designed to firm up our bits, make us suppler and, above all, make us feel good about ourselves when we're nude in public. They are not a regime for losing weight.

For me, doing any kind of exercise needs to be enjoyable. If we enjoy what we're doing we're more likely to continue doing it and that's very important. This short regime of exercises will take between 15 and 20 minutes, so won't take up too much of your valuable time.

So let's start by preparing ourselves for this set of exercises. If you're exercising indoors you need to find an area in your house that has a clear space approximately 3m x 2m. It will help too if you can have some music you really enjoy listening to playing in the background. Finally, if you can be in the nude you will feel completely unrestricted, but if that's not possible at least wear loose clothing (a T-shirt and shorts or leggings are ideal).

If you're not used to exercising very much, start these by just doing three or four and working up by adding a couple each day. Keep a record of how many of each exercise you do so you can see how much you're improving over time.

The golden rule is this: You should do as many of each exercise as you can without feeling any kind of pain and it's vital not to over-stretch. Certainly if you feel actual pain at any time you should stop. So here we go…

1. Sideways stretching

Stand with your feet about half a metre apart and your hands down by your side. Make sure you are standing upright (you'll be surprised how many inches you can add to your height simply by standing nice and straight).

Without leaning forward, bend to your left and push your left hand down the side of your leg as far as possible to the outside of your knee. Push six times, and each time, push the hand a little further. (You should eventually be able to reach down below the knee.)

Come up straight and repeat the same motion down to your right, pushing your hand down the outside of your right leg as far as you can. Push gently six times. Repeat to the left and then to the right. Do this exercise at least six times to start with and increase as you feel easier doing it. This exercise is good for generally loosening up and stretching the waist and thigh muscles.



2. Shoulder swing



Once again, stand with your legs the same distance apart as before. Raise your arms so they are horizontal with your shoulders and clasp your hands in front of you.

Keeping your arms horizontal and your body upright, swing round to your left and push gently six times. Come round to the front, turn to your right and repeat. The aim is to turn as far to the left and the right as possible, pushing a little further each time.

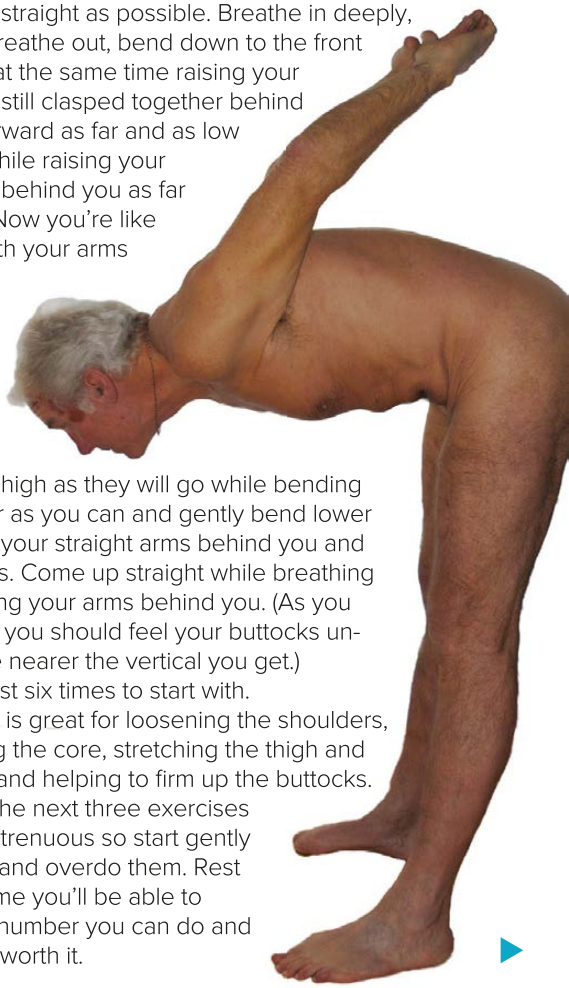
This exercise is great for toning up the waist muscles, strengthening the lower back, tightening the buttocks and keeping your upper body supple.

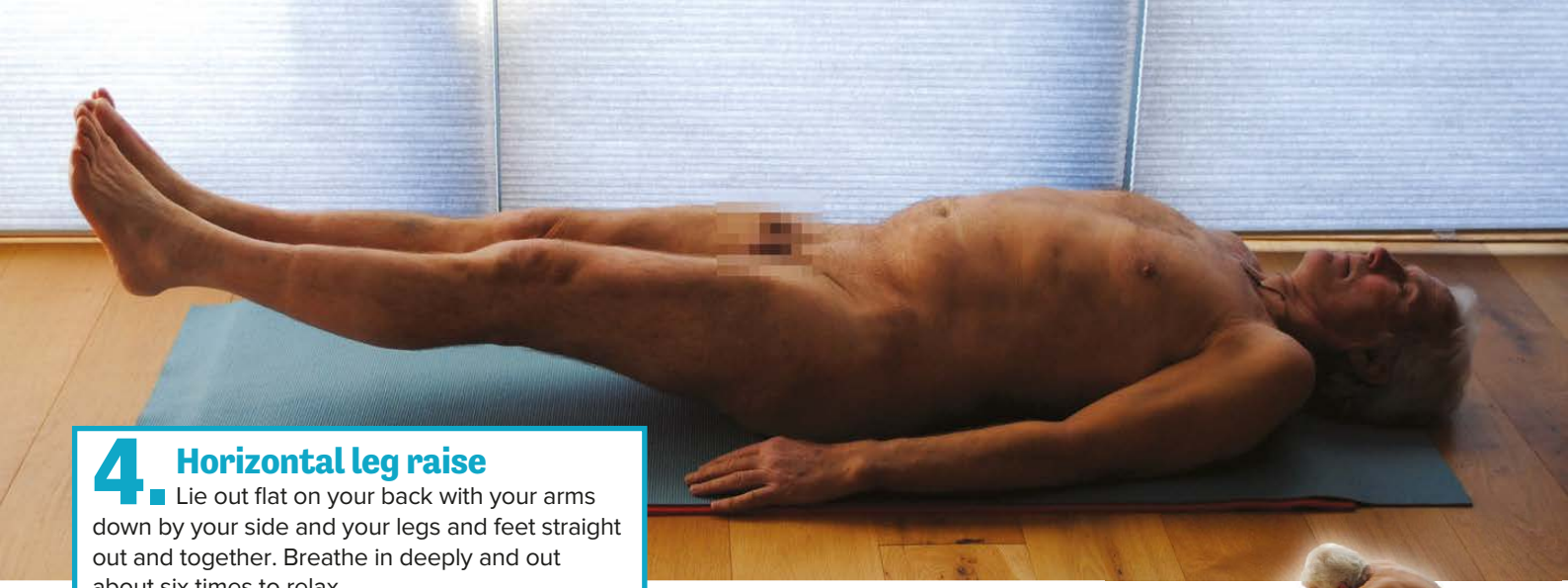
3. The See Saw

Again, keep your feet apart the same as before. Stand upright and clasp your hands behind your back keeping your arms as straight as possible. Breathe in deeply, and as you breathe out, bend down to the front slowly while at the same time raising your straight arms still clasped together behind you. Bend forward as far and as low as you can while raising your straight arms behind you as far as possible. Now you're like a see-saw with your arms stretched out behind you and you upper body bent forward. Gently push your arms as high as they will go while bending forward as far as you can and gently bend lower whilst raising your straight arms behind you and push six times. Come up straight while breathing in and lowering your arms behind you. (As you straighten up you should feel your buttocks un-clenching the nearer the vertical you get.) Repeat at least six times to start with.

This exercise is great for loosening the shoulders, strengthening the core, stretching the thigh and calf muscles and helping to firm up the buttocks.

You'll find the next three exercises a little more strenuous so start gently and don't try and overdo them. Rest assured, in time you'll be able to increase the number you can do and it will be well worth it.





4. Horizontal leg raise

Lie out flat on your back with your arms down by your side and your legs and feet straight out and together. Breathe in deeply and out about six times to relax.

Now simply raise both legs together no more than 9in off the floor. Hold the position while you count to six. Open your legs to either side keeping them 9in off the floor. Count to six. Close your legs, count to six and then lower them slowly to the floor. Do not let your feet drop to the floor but lower them gently. This can be a tough exercise if you're not used to it, so start with maybe two or three then increase the number as you get more used to the excercise. (Make sure you count how many you're doing and, of course, keep a record.)



5. Sit-ups

Again lie flat out on the floor with your arms down by your sides. Now raise your upper body slowly off the floor and bring your arms together so you can try to touch your toes. Push gently six times before lying slowly back flat on to the floor and rest your hands by your sides. This can be a tough exercise if you're not used to it so start with maybe three, and do not try and push too hard if you feel any pain, especially in your back, but push gently towards your toes. In time you should be able not only to reach your toes but to push your hands beyond them. Count the number you do and keep a record. This exercise is great for helping to keep supple, stretching the back, strengthening the tummy and leg muscles and loosening the shoulders.

6. Advanced sit-ups

This is an exercise you should only attempt if you're already quite fit or after you've been doing the previous exercises for some time. Find a piece of furniture that has a small gap at floor level where you can tuck your feet. (Alternatively, you can recruit the help of a partner to hold your feet down.)

Sit with your knees bent, tuck your feet into the gap and lean forward as far as you can with your hands clasped behind your head. Now slowly lean back as far as you can without straining unduly. Do not allow yourself to lean so far back that you are lying on the floor. (The further you go back, the harder you'll find the exercise.) Now pull your upper body up and forward as far as you can go and push gently forward. Then repeat the action as many times as you can without feeling any pain or over-straining and keeping your knees bent. You'll know this excercise is working because you'll feel your tummy muscles begin to pull but don't overdo it. Don't worry if it's only a couple of times to start with, just persevere and increase the number gradually. This exercise is great for strengthening the tummy, calf and thigh muscles and stretching the back.

So there you have it. An enjoyable exercise regime that will help strengthen your body, make you more supple and above all make you feel good about yourself. And the next time you go nude in public you'll walk loud and proud and be the envy of your naturist friends!

***PLEASE NOTE:** You should undertake these exercises sensibly and you should not do any of them if you have any medical condition that could be affected by increased activity such as described here*

Keeping fit...



Steve Loxley continues the exercise theme with his account of how he used his surroundings to help keep in shape while working in the countryside...

au naturel



KEEPING FIT IS AN ESSENTIAL PART OF MY LIFE TO NOT ONLY ENABLE ME TO DO THE BEST POSSIBLE JOB AS A NUDE FIGURE MODEL, BUT ALSO FOR PLAYING INDOOR AND OUTDOOR FOOTBALL TWO OR THREE TIMES A WEEK, PLAYING SQUASH AND TAKING PART IN THE ANNUAL BARE BUNS RUN.

So it was important for me to devise my own exercise routine, without the aid of the weights and fitness ball I usually use, during our recent working holiday in Portugal.

I was fortunate that the physical work we were doing helped to a certain degree, especially exercising my upper body with all the digging with a pickaxe and chopping wood. However, being an almost typical Taurean I was very fond of the fine food and wine we were generously served by our hosts, Richard

and Caroline, so I had to be careful of putting on those few extra pounds around my middle.

At first I did try jogging around the 55 acres, but the uneven surface of the tracks around the property were not ideal and could easily result in a twisted ankle so, although that was my wife Susan's preference, I decided to come up with a suitable alternative using the land we were on to help me.

During our first couple of weeks there we had been working to clear the grove of eucalyptus trees of the invasive cistus plants as well as cutting down dead and falling eucalyptus. This had left some useful combinations of strong young trees which I began to use as my own personal green gym for a combination of pull-ups to work my shoulders and upper back; standing push-ups for stronger triceps; chin-ups to work on my upper body strength and biceps; as well as strengthening my abdominals with hanging leg raises.

I would begin by jogging down to the grove wearing only training shoes, but even these I could remove to exercise totally in the buff as I completed a rotation of three sets of 10 for each exercise.

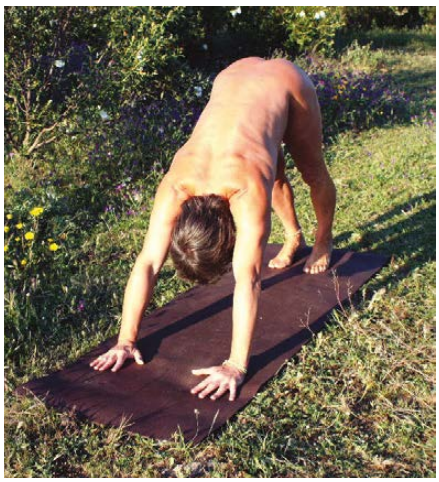
It was an amazing feeling to be naked among such tall, majestic trees, sometimes swaying in the wind, as I exercised my body and I was lucky enough to capture some really dynamic images of myself in action.

I also used one of the logs that we had left over from building the horse shelter as a stand-in barbell, using it for more upper body exercises in a combination of curls, arm raises and squats.

To complement these strengthening exercises one of Caroline's friends, who was a yoga instructor, lent me a mat to enable me to go through my well-practised yoga routine on one of the many grassy, wildflower-filled clearings on the property, with stunning views of the mountains on the border between Spain and Portugal.

I have never performed nude yoga in such an inspiring place with such an amazing view, and spent many hours in the late afternoon sun going through my salute to the sun sequence before engaging in many other poses, including the tree, the warrior, the cobra and the camel to maintain my flexibility as well as my strength.







A lot of people pay a lot of money to be able to perform yoga in such a unique setting and here I was able to do this for free and in my preferred state of total nudity. The feeling of being able to commune with nature, saluting the sun as it came down for its evening rest behind the mountains was as spiritually uplifting as it was energising, and I felt in a state of bliss and harmony with the land and the ancient cork oak that allowed me to share his clearing; a magical tree full of earth energy that I could feel as I thanked it with a hug at the end of each yoga session.

Thanks to the combination of naked jogging and my special nude yoga and invigorating green gym sessions I was able to lose most of the weight I'd gained, leaving me feeling ready to start modelling and playing football again on my return to Vancouver.



Paul Rouse looks at the curious way the English language deals with nudity...

Are you **decent**?

IT'S A WELL-KNOWN FACT ABOUT ENGLISH THAT IT HAS MORE ACTUAL WORDS THAN ALMOST ANY OTHER LANGUAGE. It's one of the many reasons there is such a rich heritage of authors, playwrights and poets with the means at their disposal to express themselves in an eloquent and diverse way.

But it also means that there are more ways of NOT saying something, and this, allied to natural British reserve, results in a plethora of euphemisms and colloquialisms, especially with regard to sex, bodily functions and – it almost goes without saying – nudity.

The British can't just be naked or nude for instance. We have to be in the nuddy, in our birthday suits, in the all-together, in the buff, in the raw, naked as the day we were born, buck naked, starkers, with our kit off, without a stitch on, wearing only a smile, naked as a jaybird, doing the full monty. And if we really want to cover our embarrassment, we even borrow phrases from the French such as *au naturel* or *déshabillé*.

The same goes for those parts of the body that are not normally (unless you are a naturist) exposed in public. Many naturists will tell you that naturism has nothing to do with sex. Unless you're asexual, however, that is clearly nonsense: young or old, straight or gay, we can all admire (and be aroused) by the sight of an attractive naked person. It's human nature. The difference is that we don't tend to harp on about it, and accept that nudity, in public or otherwise, is a perfectly normal, natural state. It's around us a lot of the time and is therefore nothing unusual, or something that flusters us. It also explains why, on the whole, naturists tend to call a spade a spade – or, to put it into context, a bottom a bottom.

Admittedly in everyday speech we probably all eschew using



Playing? Or cavorting? When it comes to the tabloids, naturists often get a 'raw' deal

PHOTOS: Huffington Post; Cypress Cove Resort; Laurie Jeffrey



The naked body in all its glory: a threat to civilisation as we know it?

such bluntly clinical terms as penis and vagina, but as a rule we don't – unless we are being ironic and highlighting the textile world's discomfort with the subject – tend to talk about 'naughty bits'. Why would we? We don't see them as being naughty in the first place.

Just think, though, how many different ways the English language has of describing breasts, bottoms or male and female genitalia, ranging from the crude to the comical and everywhere in between. Boobs, tits, bristols, knockers, jugs, hooters. Rear-ends, bums, backsides, behinds, derrières. Dick, cock, willy, tool, trouser snake, John Thomas. Pussy, snatch, minge, muff, fanny (unless you're American, of course, which totally confuses the subject). There are hundreds more. And that's without getting into local slang or dialect words. Whole books could – and probably have – been written on the subject.

Culprits

If some of the above might be considered a little coarse, or have overtly sexual connotations, fear not: English rides to the rescue with a host of other more genteel, old-fashioned ways of not talking about those pesky, awkward parts of the anatomy: nether regions, down below, bits, ladyparts, manhood, bosoms, posteriors… the list goes on.

They're the sort of twee phrases not just used by vicars or maiden aunts who may have led sheltered lives and be genuinely embarrassed by more commonplace or Anglo-Saxon terminology: they are also the lingua franca of those professional prudes who seem to go out of their way to be shocked by the subject of naturism and public nudity, and of course our old friends – the hacks of Fleet Street.

The former – not all residing in Tunbridge Wells these days it seems – are the type of people who are 'disgusted' at the drop of a hat, not to mention anything else, and see all forms of nakedness outside the confines of the home as deviant, degenerate and a threat to civilisation as we (or more accurately they) know it.

This usually involves them complaining to social media operators, writing to the newspapers, lobbying politicians, forming protest groups or instigating petitions, not only against activities that at least do involve people being naked in public spaces such as bike rides, swim clubs and performance art, but also in cases where the nudity is generally confined,



such as naturist venues or designated beaches. And it's almost invariably done using the sort of mealy mouthed language rarely heard since the days of Barbara Cartland (or perhaps John Major).

The media, for their part, often take great pleasure in reporting such objections, not because they are necessarily genuinely newsworthy stories but because it gives them the excuse to run pictures of fruity girls wearing nothing, and dust-off their tired clichés, limp puns and tabloid-speak glossary of naturist-related vocabulary and phrases.

Have you ever noticed, for instance, that in the newspapers people who wear clothes just 'walk around', but naturists always 'parade'? People in swimming costumes 'swim' in the sea, yet naturists 'frolic.' If you're wearing clothes and being active you 'play', but if you're wearing nothing you 'cavort'. Naturist clubs are always 'colonies' and are invariably described as 'paradise' regardless of how mundane they might be. Others are merely confident about their bodies; naturists are 'brazen'. Naturists are also invariably referred to as exhibitionists, even if they are never photographed naked anywhere but a naturist beach or club, or by anybody else but their nearest and dearest – yet a dental-floss-wearing Grade Z 'celebrity' on a beach where there just happen to be a host of paparazzi present is merely displaying her bikini body.

Naturists don't simply take their clothes off either: they 'whip them off,' 'strip,' 'bare all,' 'disrobe,' 'flaunt their assets,' 'leave nothing to the imagination,' 'forget to wear anything' or have nothing to 'cover their modesty' or 'spare their blushes' – seemingly ignoring the fact that if you are naked of your own free will, you're not looking to cover any modesty, or have anything to blush about.

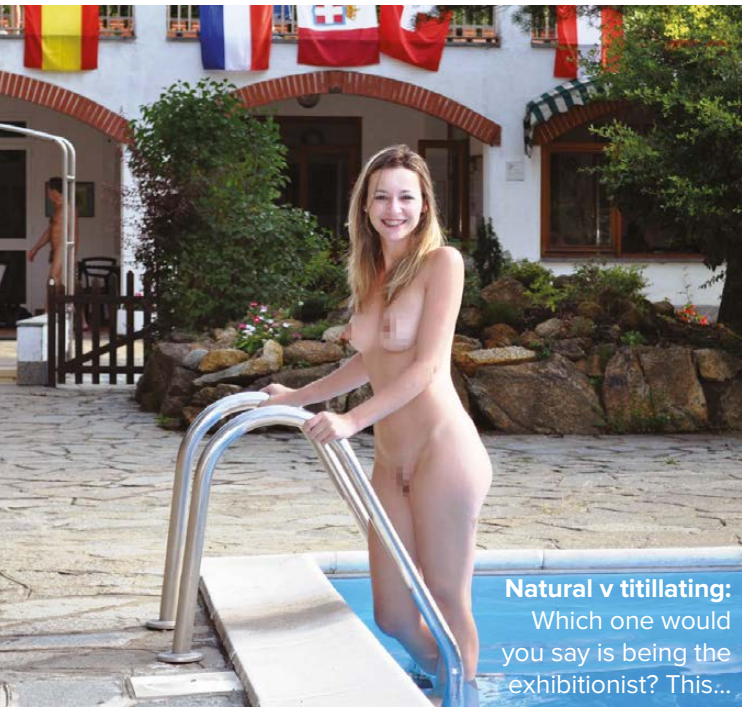
Even as a die-hard naturist, of course, it's not possible to be naked all of the time, as the weather or social convention might not always allow it. So what happens when non-naturist friends are visiting and tentatively tap on the door to ask the age-old question: "are you decent?"

I invariably reply that I am never decent – but I do occasionally wear clothes. H&E

PHOTOS: Paul Rouse; Brasil Naturista; Fanpop.com



Naughty? Or just nice? Natural British reserve results in a plethora of euphemisms



Natural v titillating: Which one would you say is being the exhibitionist? This...



...or this?



Jane Kendrick of Portugal Naturally concludes the story of her US road trip...

Diary of a naturist guesthouse

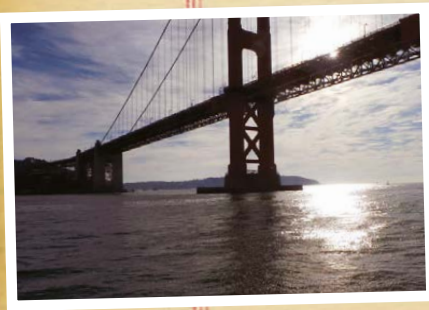
At last we were heading for San Francisco. Over the Golden Gate Bridge and then where to go? Eventually Tracy found a hotel with parking. The Van Ness was in a fantastic position, just a short walk down to the Fisherman's Wharf, so we booked in for two nights. San Francisco ticks all the boxes. We had been hoping for an experience, and we weren't disappointed. It's hard to describe the buzz and the atmosphere of the place. So much colour, so many nationalities, so much character, so much everything, in fact!

We were only staying two nights in San Francisco and made an early start the following morning. Santa Cruz was another great place, but the satnav could not find the RV park we had been recommended, so we ended up in a seafront car park. We experienced a very noisy night, with people shouting, cars honking and brakes screeching. After a fitful night's sleep we woke to the sound of rain! After being told there was a drought and five years without rain, the heavens opened. Stewart and I are very rarely lucky with the weather on our holidays but at least, this time, someone was happy about it...

Our next location was Monterea. It was really cold, the rain having cleared, and the skies now clear and blue again. I did manage a naked photo of Stewart by the sand dunes on the way between Monterea and Carmel (Clint Eastwood was the mayor of the town for some time) and a great shot of some pelicans flying above us.

Our next RV park was called 'Carmel on the river'. It was rather a strange place, although it had very good reviews. It was a bit like the RV version of the Bates Motel. I wasn't looking forward to my shower!

The following morning we headed for the Pacific highway en route to San Luis Obisco. What fantastic scenery! It was a long but very pretty drive, and as there were no RV parks at our next destination we booked into a hotel for the night in a room with two queen beds. It meant a nice hot bath again, and although there was no plug, Danny found a solution as the guest soap fitted the plughole perfectly.



It was then to Santa Monica and an RV park on the beach front. Unfortunately we lost two tyres as Stewart didn't see the sign indicating road spikes, as it was not illuminated, and he went in the exit by mistake. What a disaster! To cut a long story short, we managed to drive at a snail's pace to a tyre company and get it sorted.

We got a taxi to Rodeo Drive and the location of *Pretty Woman*. Opinions varied ranging from "absolutely wow!" to "a load of pretentious s***" (I'm sure you can guess the originator of the last comment). The shops were pretty awesome – Prada, Jimmy Choo, Tiffany's, Harry Winston, Miu Miu, Gucci, Ralph Lauren, Van Cleef & Arpels, and the Regent Beverly Wilshire hotel where *Pretty Woman* was filmed.

Warner Bros studios was one of the highlights of the trip for Tracy and me. Our tour guide was great and gave us loads of information. We saw the streets that had been in various films and TV programmes ranging from 1950s movies to current US dramas and series. It was great to be on the set where one of my favourite musicals, *My Fair Lady*, had been shot.

One thing we never got used to across the pond was the distance. One time, a barmaid had given us rough directions to a 'nearby' supermarket which we had wrongly assumed was just down the road. It turned out to be miles away!

In San Diego, we headed off to the beach as the weather had now really warmed up. As we settled down, a couple of women with about six small children between them sat right next to us. That really cheered Stewart up, as those of you who know him can imagine. You can't even go topless in California as it is a federal offence. Stewart asked a lifeguard if Tracy and I were allowed to sunbathe topless, and he almost had a fit!

But what a fantastic three weeks it's been. We've seen so much, and ours and Danny and Tracy's friendship is closer and stronger than ever. I think we may well go back to the States again one day so Stewart can see the Grand Canyon and Death Valley, but we will probably hire a car rather than an RV. The driving was fine and the views great, but parking up was not always easy and not everywhere was accessible in an RV. If anyone is thinking of doing something similar, do get in touch and we should be able to give you lots of tips. For now it's back home. I can't wait to see the cats, and I know they will have been well looked after by Geoff, Carol, John and Suzie.

Visit us: www.portugalnaturally.com @algarvenaturist



Meet me at the naturist club?

Chris Moore talks to Judy and John about their rather unusual first date...

I FIRST MET JOHN AND JUDY IN THE HOT TUB. My wife and I were staying at Paradise Valley – a naturist resort and club in Georgia, USA. Having just finished an early morning run, we headed to the pool area to soak our weary limbs. The sun was only just in the sky but already the temperature was climbing – it was going to be another hot, humid day. An occasional excuse for a breeze wafted across the site, temporarily cooling our naked bodies. The three pools were still as millponds. The only sound was water cascading over a small waterfall, the chirping of mockingbirds in the trees, the distant low hum of an AC unit… and the gentle bubbling of the hot tub.

As we approached the hot tub, we found John and Judy were half-dozing, limbs languidly looped over each other enjoying the serenity of the morning. We gently joined them in the soothing bath water. Without raising as much as an eyebrow, we exchanged smiles and a "Hi".

John is a retired law enforcement officer and Judy works in retail; their eyes smiled as they talked and it was immediately clear these were two happy, relaxed souls. They met online and their first face-to-face date was at a naturist club. Now, had they both been seasoned naturists, this would have been quite normal. John had been a naturist for over 10 years but Judy had, until that point, never experienced the joys of public nudity. So just how did John manage to convince Judy to meet him and strip off on their first date? And what made Judy do it?

John and Judy first "met" online and corresponded off and on for a year. John was living in Virginia, Judy in Georgia – so about 600 miles and nine hours' drive apart. Both of them were divorced and looking for new friends. John, though now retired and in his 60s, still looked fit from his long service career. Judy, lithe and a little younger, had a beautiful smile that complimented her open, "tell it as it is" approach to life. Despite the difference in age, they looked good and happy together.

After corresponding electronically and talking on the phone, they arranged to meet and looked for a suitable location equidistant from both. John had already mentioned to Judy that he enjoyed the naked lifestyle so it was not too surprising when he proposed they meet at a naturist resort in South Carolina. "It's not what you think," he assured Judy. "It's just liberating."

Judy was excited to finally meet John in person… but to strip off and reveal all – in public? That was not quite so straightforward. Would John turn out to be some pervert or worse? The idea of relaxing nude intrigued Judy and she found herself keen to try it. John specifically looked for a clothing-optional – rather than a naturist – resort "so that Judy felt no pressure to strip off immediately and could work up to getting naked—if she wanted to". Pervert – no, a true gentleman.

Apart from meeting this thoughtful, caring gentleman for the first time, Judy could not shake the thought of being nude in public and being recognised. At just 30 minutes







from Georgia, Paradise Valley felt just a little too close to home for Judy, so they agreed to meet at Carolina Foothills Nudist Resort in South Carolina. They set a date to meet and for Judy to take her first step into naturism.

The day arrived and John and Judy took their relationship offline. They met each other for the first time in person in the small South Carolina town that was home to Carolina Foothills Nudist Resort. They greeted each other with a hug, and made their way to the mobile home John had rented for them to stay in. "Keep an open mind," he encouraged. "If it doesn't fit, we'll go home."

Judy's first surprise was on checking in at Reception. She was asked to provide some identification. She wasn't expecting this and had rather been hoping to remain somewhat anonymous, at least to start with. Judy undressed in the camper and put on a wrap before heading outside. John was already nude. Judy's second anxious moment came as they were walking around the grounds. Her wrap still firmly in place, she came across some fully dressed maintenance workers. This made her uncomfortable since they would remain dressed even after she had stripped. However, seeing others clearly enjoying the pool and grounds nude and with the sun warming her, Judy lowered the wrap and wandered around topless. With the warm South Carolina air now gently caressing her, it didn't take long before, almost inevitably perhaps, Judy discarded the wrap altogether and experienced that most liberating and almost sensual feeling of fresh air on your body.

On the second day, Judy realised that she had seen many naked people the day before… but could not remember what they looked like, so why would anyone remember her? Valid point, I think you'd agree. Judy lived and worked in suburbia among "tennis-skirted housewives" driving their posh SUVs; she felt judged by them based on how she looked, the clothes she wore and the car she drove. She soon realised there was none of this judgment within the walls of a naturist club – and she loved it. In the end, John and Judy spent the best part of a week at the resort. Not only did they hit it off as a wonderful couple, Judy is an enthusiastic naturist and they now own their own mobile home at Paradise Valley.

Judy was excited to finally meet John in person… but to strip off and reveal all – in public? That was not quite so straightforward. Would John turn out to be some pervert or worse?

So what does Judy think of John's ability to get her naked in a public setting within hours of meeting her? She has a great attitude to life – "Never say never" is just one of the mantras she lives by. Judy was very anxious on that first occasion – not only was she going nude for the first time – and we all remember those moments when we think everyone will be looking at us – but she was also nervous about meeting this man with whom she had only corresponded electronically. Looking back, Judy says she was less concerned about the nudity but more anxious about hitting it off with John. It seems getting nude in public really isn't such a big deal after all.

To John, all I can say is "well done mate" – a naturist convert within hours of meeting the lady. You need to go out and tell the rest of us your secret. But the last word comes from Judy; "I'd like to say to those tennis skirted mums – let's go outside, strip down and have this conversation…" Absolutely brilliant – but that's Judy.

Kick-start the new you with Forever Living

by Sam Devlin,
independent distributor of Forever Living products



As naturists we celebrate our bodies and need to ensure that we keep them in good condition. This month I would like to introduce you to these sun protection products, which, with spf 30, are a real must-have for the summer months. The SunLips is water-resistant for up to 80 minutes with a refreshing cool-mint flavour, and both the sunscreen cream and spray are water-resistant and contain soothing aloe vera. The cream can also double up as an after-sun lotion, which will help you maintain a fit and healthy body, and look and feel good.



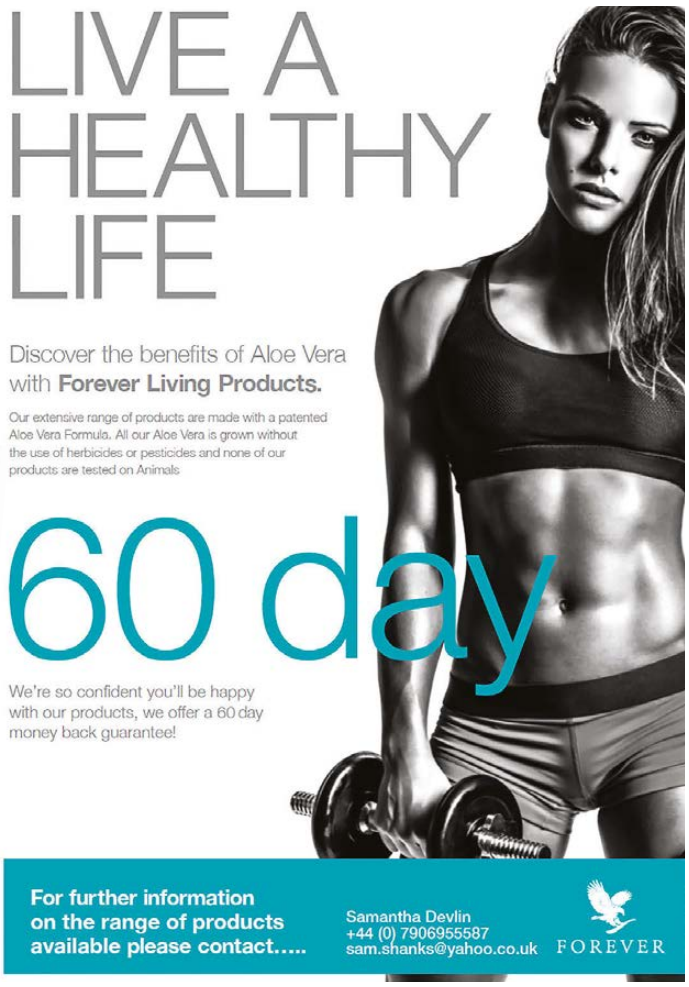




I started a business in July this year and have been using a range of these products personally, so I can now share my knowledge about them with others.

You might like to take a look at my website to see what is available and then contact me about the potential benefits and how these products may suit you.

www.samdevlin.myforever.biz/store



5 for a tenner



Five issues from 2009-2011 for just £10 including P&P!*

5 for 10 ORDER FORM

YOUR NAME: .....

YOUR ADDRESS: .....

.....

.....

PAYMENT OPTIONS (tick one)

☐ Payment by credit/debit card
I authorise you to charge my card account the total sum of £10 (plus postage, if outside UK – see below).

Signature.....

Card no. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Valid from ☐☐/☐☐ Expiry date ☐☐/☐☐

Security code ☐☐☐

☐ Payment by cheque/postal order
I enclose a cheque or postal order made payable to Hawk Editorial Ltd to the total value of £10.

To order, call: 01482 342000

OR POST TO: H&E naturist, Hawk Editorial Ltd, PO Box 545, Hull HU9 9JF.

P&P included in the UK; please add £2.50 for Europe and £5 for the rest of the world. Magazines chosen are a **random selection – guaranteed no duplicates within individual orders. We do not keep records of which magazines are sent to each customer, so if you have previously ordered this offer, include a note with your order specifying any magazines you do not wish to receive.*

The NAG/H&E Photo Competition 2015

Reg Barlow announces the winner...

In April 2015, the Naturist Action Group launched its second photo competition, with the theme of living naturism. The judges – Natalie Porter (aka Natansky), *H&E* editor Sam Hawcroft and myself – have now selected the best entries. It is a task that is never easy, as it often comes down to personal likes and dislikes, but this time we had a clear winner, who is Dr Janos Bajusz, from Hungary, with *Sunset on the Adriatic* (right). Dr Bajusz has chosen Vritomartis Naturist Resort in Greece as his prize. My thanks to everyone who entered and to the judges for their time, who gave it so freely.

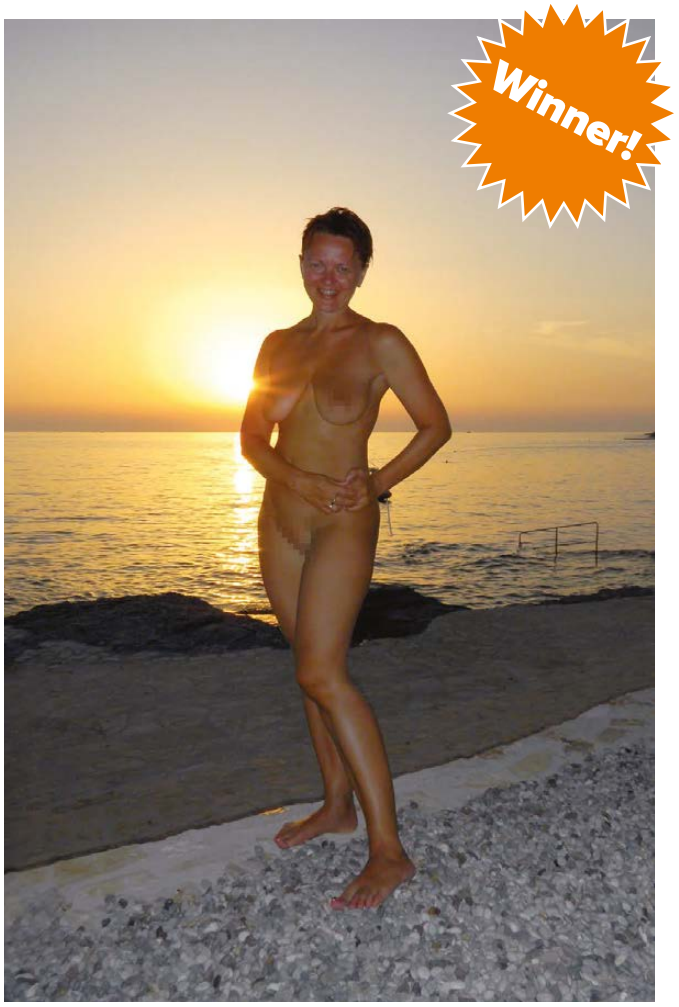


Apart from the winner, the judges also selected photographs as highly commended and commended. They include Glenne Findon, of New Zealand, with *Playtime on the Beach* (above), and Paul Montgomery, of the UK, with *Feeding the Chickens* (below).

Congratulations to Dr Bajusz and, and once again, thanks to all for entering. It is often said that it is a pity that there can only be one winner; how true.



● **For full results, visit the NAG website at naturistactiongroup.org**





Advertisement feature

INTERNATIONAL PHOTOGRAPHIC COMPETITION

Entries are invited from photographers to submit up to five of their own images to the International Photographic Competition being held in conjunction with the 2016 International Congress of Naturism.

The theme at the Congress, being hosted by the New Zealand Naturist Federation at Wellington Naturist Club, is "Health and Wellbeing" and the photographic competition is aligned to the same subject matter. How that is interpreted is up to the photographer, but the entry must depict naturism as non-sexual social nudity.

Entry fee is NZ$20 for up to 3 images and NZ$30 to include an additional 2 images. The competition runs from 1st January to 31st August 2016 with judging in September 2016. A registration form, model release form and Terms & Conditions will be available soon on our website http://congress.nznf.nz/media/photographic-competition/.

WIN 4 NIGHTS ACCOMMODATION IN THE POTTING SHED AT WAITATA BAY - NATURIST BEACH RETREAT



GO NATURAL IN NEW ZEALAND



Come to New Zealand for the

35TH WORLD CONGRESS OF NATURISM

16 - 20 NOVEMBER 2016

Te Marua, Wellington, New Zealand

To register **www.congress.nznf.nz**
or email **congress@nznf.nz**

NZNF



A ‘newde’ adventure in Andalucia

Dave Greenaway explains more about how his Spanish naturist dream became a reality...

I’VE ALWAYS BEEN A NATURIST. When I was seven, my parents took me on a summer holiday to Sweden; we had a fabulous time and I learned to swim in a lake. When we went to the beach, we were all in for quite a surprise, as many of the beaches in Sweden are naturist and even the lady who sold us an ice cream in the shop was naked. I remember some of my family members were shocked and embarrassed – not me, however – I thought it was so natural and fantastic.

I first moved to Spain in 1984, when I was 13, and my parents opened the first British bar in Nerja on the Costa del Sol. Spain was wonderful, warm and liberating. My parents had some ‘bohemian’ friends and they took us to the naturist beach at Cantarrijan (la Herradura). I loved it, even as a teenager going through puberty and not happy with my body.

Since growing up, I have had several nude and nude gay holidays, and every one has been brilliant – from the constraints of a very religious Jamaica, to the liberty of France, Spain and Greece.

I met my partner Alan in 1991, and although he’s a bit older than me we have always hit it off really well, and the best thing is that he loves being free, liberated and naturist too.

For the past five years we have both had a dream to set up a rural tourism venture in the Granada region. Last year after my father passed away we decided to take the plunge. We came across Casa Cruz and moved in last November. Casa Cruz is set in four acres of private grounds with outstanding views of rolling hills and olive groves. It has a large 10m x 5m pool and features a *cortijo*, which can accommodate up to six people in three bedrooms, and a separate *casita* with one double bedroom. The villas can be rented individually or together to accommodate a party of eight. Bookings are available year-round, and it’s an ideal place for a couple, family, sun club holiday or group of naturist friends.



You may decide to stay naked at Casa Cruz for the whole of your holiday, but this is a wonderful area of Spain with a wealth of beautiful places to visit.

Olive groves beckon for a gentle stroll (I’m often out walking in the nude), with local bars and shops just 2km away. Ten minutes’ drive away is the old Spanish town of Iznajar, with lovely whitewashed houses and narrow winding lanes. It is also possible to go further afield: we are 40 minutes from Granada and 90 minutes from Seville (and their respective airports).

For more information and to book your fabulous relaxing naturist holiday in Casa Cruz, please visit **www.casacruz.info**.



Stunning, tranquil, holiday rental self-catering accommodation in Andalucia

- Perfect for visiting historical Spain: Granada, Malaga, Antequera, Cordoba
- 10 mins from Lake Iznajar, with beach, fishing, all non-motorised watersports, horse riding, cycling, walking, paragliding & skiing in the Sierra Nevada mountains
- 3-bedroom rustic cortijo and 1-bedroom modern casita, or rent them both together to sleep 8 (or 11 with additional beds available in main house)
- 1 hour to Malaga Airport – welcome pack, two amazing pools, full kitchens
- Secluded accommodation, owners, pools and four acres of grounds fully naturist-friendly

Prices from £325 for 1-bed casita (per week)

Contact: Dave or Alan
Tel: UK – 07530 279773
Spain: 0034 957 754 694 or 0034 642 053 754
Email: dave.alan.casacruz@outlook.com
Facebook: www.facebook.com/Casacruz.info/
Website: www.casacruz.info

Respecting the body

Theresa O'Shea takes an in-depth look at a book that argues it is possible to be 'healthy at every size'...





CAN YOU REALLY BE HEALTHY WHEN YOU'RE FAT? Your instinct will surely shout back a resounding "no" – an 'instinct' that is informed by reading a thousand and one reports written by a thousand and one health experts, who have been telling you since forever that fat is bad. That if you're overweight or obese you increase your chances of getting heart disease, type 2 diabetes, strokes, high blood pressure, and so on. Surely there can be no doubt about this; it's as clear as climate change.

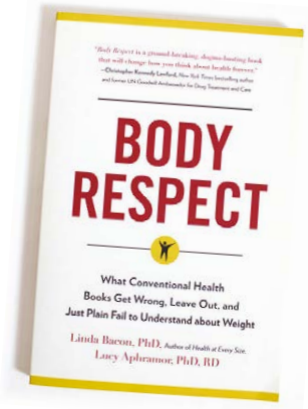
Climate change, though, has its deniers. Authors of the book *Body Respect*, PHD nutritionists and Health at Every Size (HAES) practitioners Linda Bacon and Lucy Aphramor would hate the analogy, I'm sure, but it does seem apt. Despite the overwhelming wealth of evidence they are up against, they are undeterred by what they see as spurious claims, prejudice and blinkered misinterpretations of data; and they seek nothing less than a paradigm shift with regard to how we view and approach fatness, health, diet and exercise.

The first thing to say is that *Body Respect* is nicely presented, thoroughly documented (with lots of footnotes to findings from results from peer-reviewed studies), and easy enough for the lay reader to follow. It also feels a bit 'woo-woo' and seems very American, in that it is heavily littered with jargon and feelgood, politically correct terminology. Interestingly, 'fat' is right away reclaimed on behalf of people who are, no more beating about the bush, fat. What we need to do, say Bacon and Aphramor, is remove the stigma attached to the word, not the word itself.

In a nutshell, the authors argue that it *is* possible to be overweight and healthy, underweight and unhealthy, and everything else in between. Fatness is seen as a confounding factor in illnesses classically associated with obesity, rather than the cause of those illnesses in itself. Besides that, the medical profession makes the mistake of treating the size of those who are fat or thin in isolation from a whole host of wider societal factors such as social status, discrimination, depression, and so on. Fat is not so much a feminist issue as an issue of inequality and (lack of) privilege.

In a way, the authors want to have their cake and eat it. As HAES practitioners, their focus is not on dieting and calorie control or meeting fitness goals, and most definitely not about beating yourself up for not losing weight or eating the 'wrong ' foods' or failing to do 900 sit-ups every day. Yet their aim, in gentle, body-positive ways, is to encourage those they treat to eat more healthily and get moving. And they report a high degree of success, with studies showing that those on HAES programmes are more successful in losing weight long-term than those on traditional weight-loss programmes. So, on the one hand, the authors insist that health is possible at every size, but if you follow their advice and embrace an HAES 'philosophy', the result is like that of every other nutrition or weight-loss plan: you lose weight. This is seen almost as a side-effect of getting healthier, rather than the other way around, but it is also clearly seen as a Good Thing.

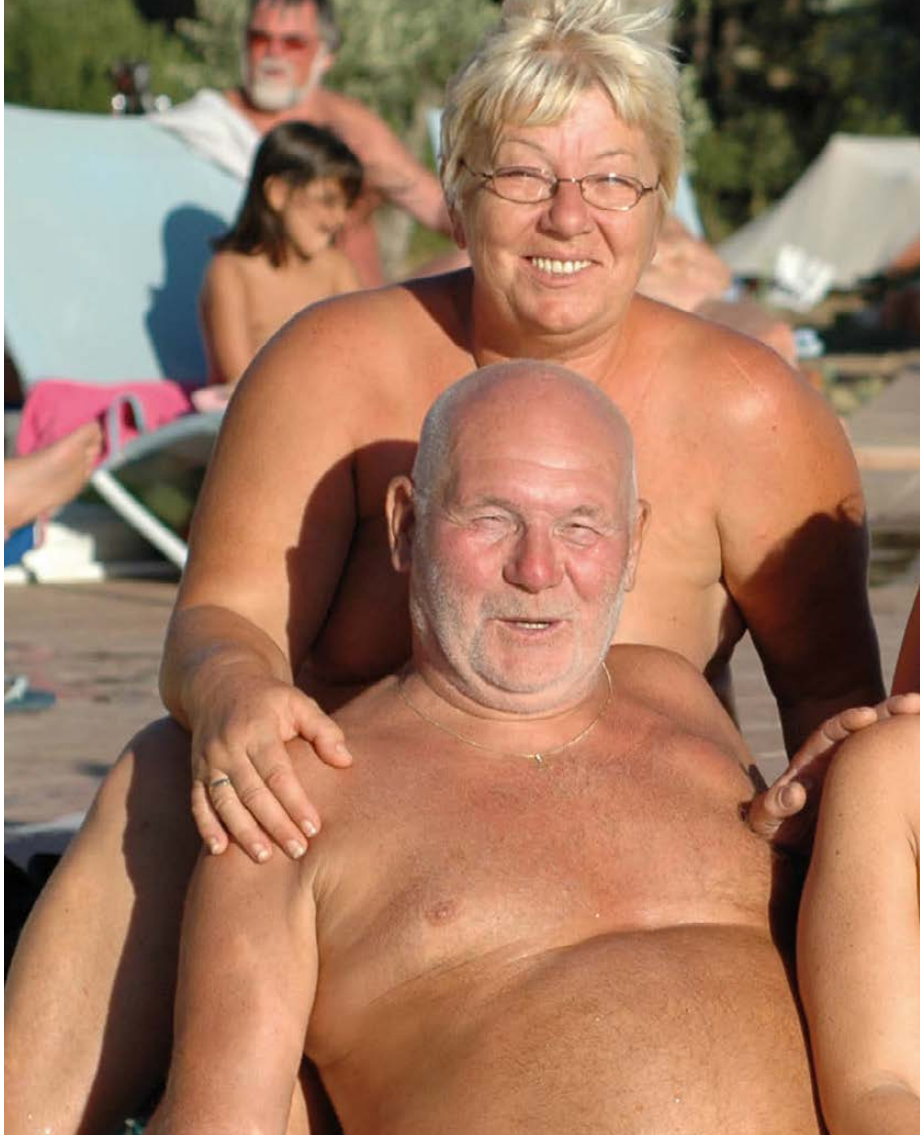
While the links between obesity and health may be disputed, what is harder to dispute is that it may be time for a more compassionate way of looking at health and size and weight loss. Look below the line on any article online about obesity and dieting and inevitably there will follow a whole barrage of knee-jerk, simples innit-type responses. Eat less, exercise more. And



if you don't, you're rubbish, it's your fault, you're a fat slob, you've got no willpower, you're costing 'us', no-one's making you stuff your face with crap, etc. There is little sympathy, but lots of blame, and absolutely no room for nuance or compassion.

But I would challenge anyone who ever had a heart – and a head – to read *Body Respect* and not agree that it's all a bit more complicated than that. Dieting gets most people nowhere in anything other than the short term. The HAES approach at least does not make things worse, and tries to stop people seeing and treating their bodies as a battleground. Neither is HAES, as some critics may argue, an excuse or a reason *not* to lose weight, but rather an incentive to do so by letting go of obsessing about 'shoulds' and 'ought-tos' and learning to be kind to yourself and listen to your body.

In putting forward their alternative approach to dieting, the authors first debunk current orthodoxy regarding the relationship between fatness and health. They then go on to explain how individuals and health practitioners can promote self-care, and body respect. It's obviously not possible within the



Self-care and body respect

Self care is all about being good to yourself and to your body, and improving resilience to the negative feelings you may have about your weight; feelings that are often exacerbated by our current fat-shaming, thin-is-king, fat-is-bad society. Three of the basic tenets are as follows:

Being enthused to move: If you're a 'normal' weight, you've probably never thought about what it must be like to be fat and want to exercise but feel that you couldn't possibly take yourself to a gym or to an exercise class or to start jogging around the block. Not only that, if you're really fat, how can you even begin to start to contemplate such 'drastic' forms of exercise? As for whoever said 'no pain, no gain', does it really all have to be so gruelling?

Being enthused to move means setting yourself doable goals and embracing 'active living', by integrating more movement into your daily life. Low-key stuff like dancing to music as you clean, standing and marching while reading on your laptop, parking at the far end of the car park, walking around when you're on the phone, using the bathroom on a different floor, and so on. Stepping up a notch, there's exploring the outdoors where you live by getting into birds or bugs, or finding a type of exercise class that suits you and is fun – yoga's a great option or joining a 'music to move' class (which seems to be more of a thing in the USA). It's all pretty standard advice for leading a less sedentary life, but, as with the HAES approach to eating, having more energy and boosting your sense of well-being (and any resulting weight loss) are incidental rather than part of any stringent fitness plan.



Eating well: The HAES approach to eating does not involve limiting food and calories, but tries to bring about what the authors call "attuned eating". This means listening to your body and learning to recognise when you are genuinely hungry and when you are full. Experimentation with diversity is encouraged and on HAES programmes there are cooking courses with food from different cultures, and participants try out different healthy foods that they find appealing. At the same time, when you find yourself reaching for comfort and going for the unhealthy option, you are not to fret or be full of self-loathing but to observe non-judgmentally and to recognise food has helped you cope when you needed it.

Emotional empowerment: Those who are unhappy or uncomfortable with their bodies need to build up their emotional armour and feelings of self-worth. This includes becoming aware of the many societal factors that contribute to different sizes and health outcomes; recognising and standing up to fat-shaming and sizeism; and seeking out body positive images and diversity of size and shape – by putting up pictures of larger famous people, for example, or checking out the voluptuous nudes in art galleries. (It is a pity that the authors do not suggest that trying naturism can help with self-esteem and body acceptance.)

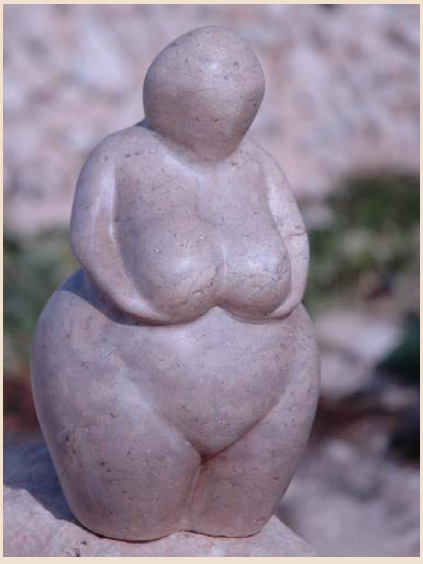
FAT myths?

Fatness decreases longevity. Research shows that moderately overweight people live longer.

BMI is an accurate measurement of health. A Body Mass Index of 25 is regarded as overweight, of over 30 as obese. However, figures show that health only decreases after a BMI of 40. The limits were set by the World Health Organisation, which followed the recommendations of the pharmaceutical company that had the only weight-loss drugs on the market at the time.

Fatness is an exaggerated health risk. Epidemiological research shows an association and not cause between obesity and disease. Fatness is one of several confounders. Fitness is another. The death rate among those who are thin and unfit is double than those who are fatter but fitter. Across all body sizes, the unfit have a higher death rate. Discrimination is another confounder. Being at the butt of discrimination because of your size is a stressful experience, and stress is a risk factor for most obesity-related diseases, including heart disease and diabetes.

Calories in + calories out = weight loss. While this is a scientific fact, it does not mean that it will lead to sustained weight loss in any but a small minority of people. Dieting triggers a reduction in leptin (the satiety hormone), which leads to an increase in appetite and a slowing of the metabolism. Dieting makes you hungry, and then some, but your metabolism has decreased so when





you eat normally or binge you burn less fat. Basically, a reduction in leptin acts as a starvation signal and panics the body into regaining weight.

Weight loss promotes health. Many studies show short-term health improvements but participants are also doing other things to achieve that weight loss; i.e., changing their diet and exercise habits. Both of these factors improve health independently of weight loss. Liposuction studies show no improvement in health problems blamed on obesity before surgery.

Health is largely determined by healthy behaviour. Research shows that healthy behavior (eating a balanced diet, doing lots of exercise etc) only accounts for a quarter of the differences in the health outcomes of different groups. Genetics may account for around another quarter. However, the main determinant of good or bad health is caused by social differences and the stress arising from social differences. These include job insecurity, lack of control over work, low self-esteem, chronic anxiety, oppression and discrimination, and so on. The medical establishment places too much onus on the need for individual change and does not take into account the whole person and the things that affect their lives. If governments really want to tackle obesity they need to advance equality in society.

confines of this article to summarise all of their arguments and suggestions. Here I've included a selection. These are the views and findings of the authors (not mine).

The verdict

In the introduction to *Body Respect*, the authors say that their book is aimed at three main groups: those who are uncomfortable in their skin, healthcare professionals, and policy makers. Then they mention a fourth group, the one I find myself in: the skeptics.

Well, was I convinced?

To a degree. Not so much by the playing down of the effects of obesity on health; rather more so by their insistence that size and health are impacted by social factors; and most definitely by the idea that our "size stigmatising culture" keeps people at war with their own bodies, "a war where little battles might be won in the short term with a diet, but then lost overall because those who turn to dieting can rarely maintain in the long term the look that is the accepted norm."

We live in a blame culture, and it's not hard to see why HAES comes under criticism for 'letting people off the hook', for not taking responsibility for the consequences of their actions. Yet even if you're not convinced that in the end dieting makes weight gain more rather than less likely, it is clear that there are behavioral reasons why severe calorie restriction can hinder weight loss. Dieting may or may not make you fat, but it certainly doesn't bring you joy either. In fact, it can make you downright miserable. And, especially when life is hard for a myriad of other reasons, it is all too easy to overeat and end up on the so-called diet-binge cycle – and to end up berating yourself even more, for 'failing' once again.

We need to be kinder to ourselves and to each other. And to stop the Einsteinian thing about doing the same thing over again and expecting different results. Americans spend more than $40 billion a year on weight-loss programs and products that ultimately don't work and make us miserable into the bargain. What the authors of *Body Respect* are proposing makes millions for nobody (well, there are the book sales…) and at least has the worthier, wider goal of helping people to lead "happier, healthier lives in a fairer world".

Naked among bunkers and towers

After years of visiting hundreds of bare beaches along Europe's southern coasts with the Naked Fräulein, **Rayner Otter** realised that many offered more to look at than other naturists. Here we begin a short series of nude beaches with some unusual features...



NUDE BEACHES FOR WWII AND MILITARY HISTORIANS...

The best (if 'best' is a suitable word to describe war relics!) of these are, of course, in northern France, and anywhere along this coast the visitor is constantly reminded of the role this part of France played in both world wars. There are bunkers, pillboxes and concrete gun emplacements lining much of this seaboard.

Pourville-sur-Mer, Dieppe, France

Just outside Dieppe is Pourville-sur-Mer, where a Second World War German radar station has toppled off a cliff almost right on to the nude beach of Plage du Petit-Ailly. It was here that RAF radar expert Flight Sergeant Jack Nissenthall, with a group of Canadian soldiers, tried to gain access to obtain enemy secrets. The minders were under instructions to kill Jack should they look like getting captured as he knew too much about the British radar technology of the time. As it was they



didn't gain entry to the installation but Nissenthall cut the telephone lines forcing the Germans inside to use radio contact which was intercepted by the Allies. From the nude beach, walk left and, if there are not too many dog-walkers around, explore the ruin wearing only trainers.

Plage-de-la-Redoute, Mervill-Franceville, France

On the eastern side of the Orne Estuary lies one of France's most well-known nude beaches. The sandy dunes of this remote area contain the remains of the Redoute de Merville, which was built by Vauban back in 1779. The battery was once again used by the occupying forces in the Second World War. It was here that the 6th Airborne Division parachuted in prior to D-Day and caused havoc to help the Allies land on nearby beaches. A kilometre south is the Merville Battery Museum and all around the official naturist beach there are the remains of bunkers and batteries. Unfortunately, the beach has become northern France's equivalent of Cap d'Agde's Baie des Cochons and on summer weekends it's a wall-to-wall shagfest.

Plage-de-Meuvaines, Normandy, France

Just on the other side of the River Orne, after crossing Pegasus Bridge, the D-Day beaches stretch westwards to Plage-de-Meuvaines, which is right on Gold Beach. This was one of the five landing beaches attacked by the Allies where 25,000 men of the British 6th Inventory Division landed just after dawn on June 6, 1944. The Brits suffered more than 1,000 casualties, including almost 400 who lost their lives. The number of German casualties is not recorded but it was a huge loss. Now Plage-de-Meuvaines has become not just a nudist beach but, like its neighbour, a gay and dogging site. Nudity on a war site where hundreds perished is one thing, group sex is another.



Plage-de-la Palud, Brittany, France

On the southern shores of Brittany, south of Crozon, is the difficult to find, but aptly named, Lost Marc'h! Just a little way from this village is the village's official naturist beach of La Palud. This is a fine beach punctuated by Second World War "dragons' teeth" anti-tank devices. These are pyramidal concrete blocks that impede the progress of tanks and artillery landing on shallow beaches. The idea is to contain the tanks in a "killing field" while the defending forces blow the bejaysus out of them. The French used them on the Maginot Line and the Germans on the Siegfried Line. Here they are just good to sit naked on. It's prudes to the right, nudes to the left and chaps only to the extreme left. I like beaches like this. Everyone knows where they are – very military indeed!



BEACHES WHERE YOU CAN GET SOME TIPS ON HOW TO IMPROVE YOUR SWING WHILE TANNING ALL OVER...

Many naturist beaches are located at the 'back' of golf courses. It makes sense really and leaves the sun-worshipper in peace – save for the odd, badly hooked ball!

Plage-de-la-Pavillion, Biarritz, France
Way down the Atlantic seaboard of France, at Bidart, beyond Biarritz, one of our favourite beaches hereabouts is the Plage-de-la-Pavillion, which lies right under the Ilbarritz golf course. This should not be confused with Biarritz's main, and vastly more expensive, course. This is a part of Le Pavillion Royal camping site which is where the access lane to the beach is located, making the beach easy to find even if some of those hooked balls aren't!

Playa de Valdearenas, Liencres, Cantabria, Spain
On Spain's North Coast, Playa de Valdearenas is situated in the Parque Natural Dunas Liencres, a fabulous area of sweet-smelling pines. It is drop-dead gorgeous – except for 2,000 cars which park here daily in summer. The main beach is wall-to-wall lycra, but steer left through the dunes to a stunning peninsula and it is naked on the busiest of days. Either share it with the surfers on the seaward side or find some peace among other naturists on the estuary side with views across the river to the golf course beyond. This is a 15-hole course which is open to anyone. A great place to start playing – and a more beautiful learning ground could not be found.

Playa de la Faro, Playa Sotogrande, Spain
Two Spanish nude beaches are located almost next to each other and both are accessed through golf courses. Playa Alcaidesa is best approached through the golf resort of the same name. This comprises a series of dense housing estates sporadically dotted about a fine golf links. Off-season the course is often devoid of players and the housing estates have the air and liveliness of a



Plage-de-Kaolins, Ploemeur, Brittany, France
In Southern Brittany near the arty town of Pont Aven, loved and frequented by Gauguin, lies the famous Plage-de-Kaolins. This is located where the Ploemeur Golf Course meets the sea. The course is half-links and half-parkland making, for an interesting play. Six of the fairways run parallel with the tolerated nude beach which is a kilometre of gritty sand with occasional rocks and a dangerous sea. It is patrolled by clothed surveillance staff twice a day and is a haven for safe nudism – provided you don't swim out too far!



Maia Praia, Algarve, Portugal
If Portugal is known for golf it's because the Algarve has made it so. Near the resort of Lagos lies Maia Praia. The nude bit toward the eastern end backs on to a part of the uber-smart Palmares golf course and a huge lagoon backed by dunes where the occasional bit of adult activity has been known to occur. This does not stop this being a good naturist site, however, and most it is used by well-behaved nudists and is safe for (supervised) children. Behind the dunes – and those occasional adult frolics – three fairways and two greens are within a sand-wedge pitch of the naked sands. Golfers playing Palmares often see naked men standing on top of dunes staring back at them, bemused to see fully, and funnily, attired players in tartan shorts, intent on getting balls into holes rather than tanning them. Heaven knows how golfers would react should they ever encounter one of those more 'active' displays!

necropolis. That's usually good news for naturists but when the golfers are in town they still wear those funny tartan shorts on the beach as well as in the bunkers. The equally nude eastern beach, Playa de la Faro, merges some three kilometres away into Playa Sotogrande. As the far end is used by the residents of Sotogrande's famous golf complex it's all Polos and Golfinos there, naturally.

Playa St Julian/Playa Guardalmar, Malaga, Spain

Despite Malaga's reputation for lager-swilling football shirts, it is a beautiful city and well worth visiting. Its naturist beach, Playa St Julian (aka Playa Guardalmar) lies behind the green fencing of Malaga's golf club. An equally green river divides the textile beach from the nude bit. For about 400 metres this fine sandy beach is mostly occupied by good-looking, naked young men who always seem more interested in each other rather than the golf!

Praia de Tróia, Portugal

Portugal is famous for its golf courses and an hour south of Lisbon is a purpose-built, and very sparsely populated resort, Praia de Tróia, where José Mourinho has a holiday home. There is a rather fine golf course right on the coast and the beach at the back of this is occasionally used naked; and with so few people around it's easy to see why. Going south along Tróia's long peninsula, the same beach soon becomes completely naturist but whether "the special one" ever gets his tracksuit off here is unknown. There is hardly any parking along the 15 kilometres of the peninsula road but those who can access any of this beach may disrobe with impunity – it's empty.

Praia Grande, Algarve, Portugal

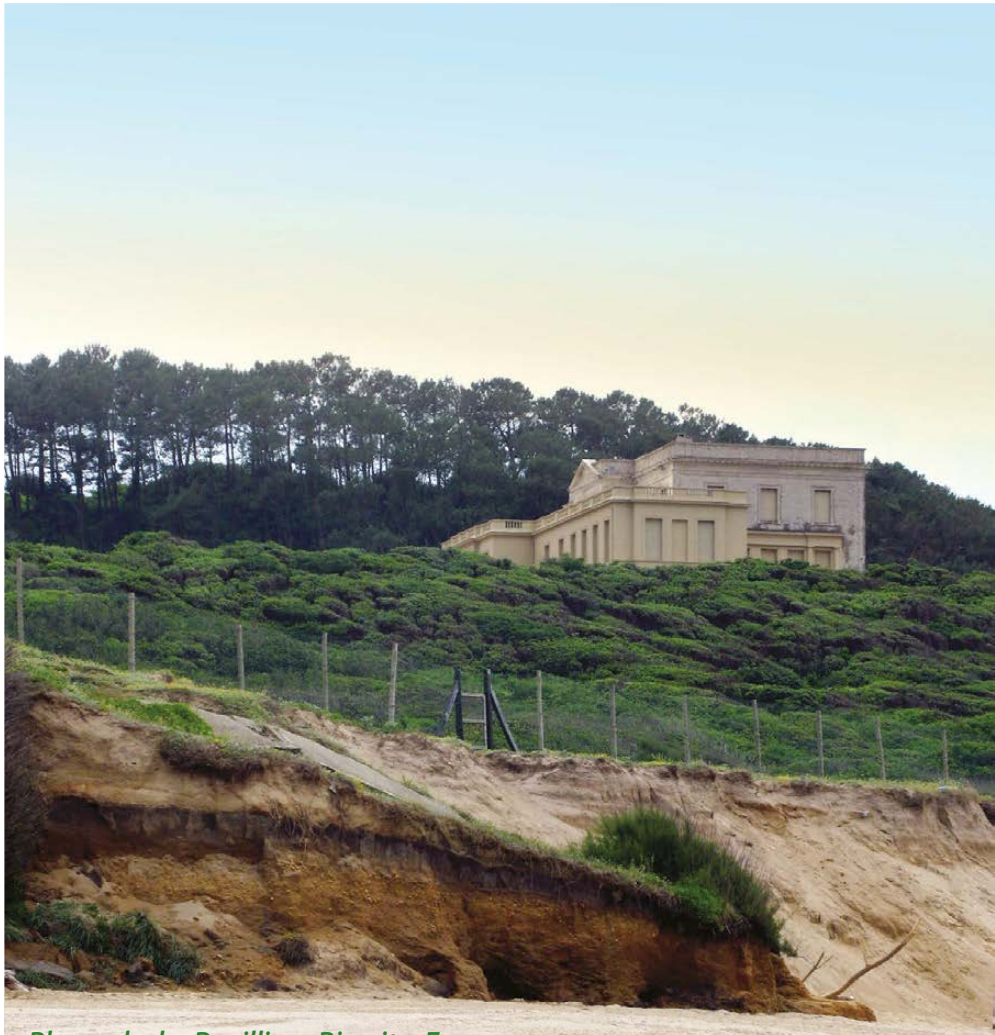
Further along the coast lies the well-known resort of Albufeira. This has developed over the years into a mainstream tourist destination much beloved by the 'beer and Bacardi' brigade. But, not far away, lie the incredible sands of Praia Grande, a three-kilometre beach with a central part that has been used by naturists for years. Behind this beach are natural wetlands, a wildfowl sanctuary and yet another golf course, Salgados, where more balls have been lost in its many lakes than you could shake an eight-iron at. The problem here is not the lost balls but 'meerkats' who seem to pop up from behind every pile of sand within voyeuring distance.

Trafal/Praia do Loulé Velho, Algarve, Portugal

Then, finally, there is the best juxtaposition of nudity and golf in the Algarve – possibly in the world – at the famous Vale do Lobo luxury resort. Here, the Ocean Course drops down to the coast at Trafal. This is a kilometre-long sandy shore with a super beach restaurant at its textile end and the eastern half being used unofficially by naturists. Here the great unclothed are in full view of golfers using the course's sixth green and seventh tee. Remarkably, the golf course at this point overlooks the gay end of the nudist zone – and the dunes behind it where dozens of naked men saunter around. Whether any of the well-heeled players ever get offended by the sight of cruising gay men or whatever they might get up to in those dunes, a mere nine-iron drive away, is unknown. Perhaps they never notice – keeping their eyes on their balls rather than someone else's!

NUDE BEACHES OVERLOOKING CASTLES AND STATELY HOMES:

What can be better than a nude beach with only a castle in sight? In the UK, I once ran alone and naked for two miles on a beach of flat white sand with only two man-made structures in sight, Bamburgh Castle at one end and Lindisfarne Castle on Holy Island at the other. Heaven!



Plage-de-la-Pavillion, Biarritz, France

Near the French ritzy resort of Biarritz, Plage-de-la-Pavillion, which we visited on our golf tour (see facing page), is so called because a grey 18th-century pavilion, built in 1877 as a royal holiday home for a mysterious exiled queen, sits atop a cliff overlooking the bay. The beach itself is a kilometre long with good sand and rocky coves. It is occupied mostly by local naturists with just the occasional passing old-school Brit complete with yottie hat, taking an afternoon stroll following an agreeable lunch.



Beliche, Algarve, Portugal

In Portugal's south-west corner, just three kilometres from Cape St Vincent, Beliche is a well-established bare beach and easily reached from the small resort of Sagres. And on the cliffs above is the amazing Fortaleza, with a massive 43m-diameter compass rose set in stones in the courtyard. This was the 15th-century seafarers' college founded by Henry the Navigator who was responsible for literally putting Portugal on the international map. From here such explorers as Magellan and Vasco da Gama sailed to discover and conquer new lands.

La-Plage-des-Saumonards, Île d'Oléron, France

On another atmospheric island in France, Île d'Oléron, lies the nude beach of La-Plage-des-Saumonards. This eye-catching beach affords a great view across to Fort-Boyard, France's answer to Alcatraz. Built by Napoleon, it was initially a defensive structure but became a prison at the end of the 19th century. It has since become the setting for a TV gameshow of the same name. The beach also offers some closer, more interesting views. There is a total absence of children and a lot of body jewellery on show, thus the naked men keeping watch from the wooded cliffs above probably have something more to look at than a distant fort!

El Playazo, Andalusia, Spain

In Spain's bottom right-hand corner, in the Capo de Gata desert, near the lonely village of Rodalquilar where gold used to be mined, a track leads to a superb beach, El Playazo. This is quite a popular place for many visitors as there is a fine fort on the headland above it. This is San Ramon's Castle and was built to keep marauding pirates away from that gold. Now the gold is on the bodies of sun-worshippers, many of whom get that colour all over.

Playas de Mojácar, Spain

And just north of here is Mojácar Playa.

Plage-de-la-Pointe-Espagnole, La-Pointe-de-la-Coubre, Tremblade, France

Along France's Côte Sauvage near Royen is the gorgeous Plage-de-la-Pointe-Espagnole which is among my favourite nude beaches on Earth. Here it is possible to have the beach – the world – to yourself. The sand is clean and firm, the coastline interesting and the dunes in summer are covered with flowers. It is naked for about ten kilometres and at the southern end, near Tremblade, stands the 100-year-old Lighthouse of Coubre. The area around the lighthouse is textile-inhabited but the other side of La-Pointe-de-la-Coubre, a large sand spit, is also nudist.



The Playa del Castillo de Macenas which, needless to say, has a castle. This was built right on the beach in the 18th century and is a local landmark. Many visitors use this beach naked, while overnighting in motorhomes. A very rough track leads to another tower, the recently restored Torre del Peñon, and the foreshore here is all naturist. As the way becomes more difficult to manoeuvre, the coastline becomes more delightful, as are the eventual beaches, Playa de Sombrerico or Macenas and Cala del Bordenares or Manacá. Enjoy all these in the nude but take a tip… leave your motorhome under the castle!

ILLUMINATED BARE BEACHES

After castles, the next best thing man has made that can complement a nude beach – and help shipping, of course – is the ever popular lighthouse. And some light up nude beaches after we've all gone home.

Cape St Vincent, Portugal

One of Europe's most famous lighthouses is at Portugal's, and Europe's, most south-westerly corner. This is Cape St Vincent, known to the Ancients as 'The End of the World'. At the lighthouse (pictured below-right), perched on the towering headland, you are acutely aware that everything stops here. The next stop would be Brazil or, if you deviated slightly left there but not enough to hit Antarctica, your next landfall would be New Zealand – on exactly the other side of the Earth! Yes, this really is the End of the World! And just north of here is Praia Telheiro. A bit of a scramble down the steep cliffs for which this coast is renowned brings you to a beautiful bay of golden sand backed by verdant cliffs. If there is anyone else on this fantastic beach it's overcrowded!

Then on the other, eastern, side of the cape is Beliche, which also enjoys proximity to Fortaleze (see Castles, facing page). This is a super beach with good sand, safe water and is popular with local families. It's slightly more populated than Praia Telheiro but has calmer (and warmer!) water. Just don't get stranded by an incoming tide.

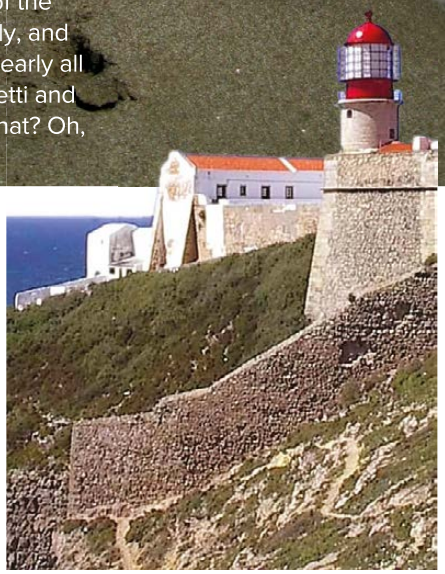
Cape Trafalgar, Spain

Another cape, and almost Europe's most southerly point, is Cape Trafalgar (pictured on page 58). Here Playa de Zahora is the naturist beach and it is often referred to as Trafalgar Beach. I prefer the beach on the farther side of the cape, Caños de Meca, which is listed everywhere as naturist but is not as nude as on the western shore. It is, however, extremely pretty and has some fun mud baths Despite the ubiquitous kite-surfers, this beach retains its nudity – which is almost *de rigueur* in these parts. It is virtually mandatory to walk out to the cape itself with its lonely, brooding lighthouse. Here you can look out at where in 1805 England's greatest admiral met his Waterloo – or 'Trafalgar", in Nelson's case.



Capo Feto, Sicily, Italy

South of the town of Marsala in Sicily, famous for the fortified wine of the same name, you are about as close to Africa as you could be in Italy. This is Capo Feto, a nature resort, where a superb two kilometres of coarse sand lies either side of the stubby 1938 lighthouse and is known locally, and appropriately, as Spiaggia Spaghetti. It is nearly all naturist and has been for 60 years. Spaghetti and Marsala. What could be more Italian than that? Oh, yes, attractive naked bodies, of course!



Next month...

The sculptural, the ecclesiastical and the boozy bare beaches of Europe.

ARCHIVES



INTERNATIONAL H&E MONTHLY
SEPTEMBER 1983
(Vol 84, no 9)

WE GO BACK TO SEPTEMBER 1983 FOR THIS MONTH'S LOOK BACK INTO THE *H&E* ARCHIVES. The 64-page magazine was edited by Kate Sturdy, who says in her editorial that she would "hate to think people were put off naturist holidays by the thought of 'holiday camps', with rules, regulations, restrictions and confinement", adding that a naturist holiday should really be like any other, but you can take your clothes off if you wish. "That's all there is to it, isn't it?"

This issue looks at why black naturists seem to be a "rarity", with writer Donna Miller arguing that "there is by no means total integration of black and white. The black minority is not going to feel inclined to attach itself to another minority group." She adds: "It's difficult enough to strip off in the first place… Put a black person among a group of whites, and you know all eyes are on you." She concludes: "I feel that black people are more inhibited. They have strong rooted feelings about nakedness and morality – and it is difficult to join the throng." More than 30 years on, it seems this is still the case, sadly, in the UK at least, and official naturism is still very much seen as a preserve of the white middle-classes.

Meanwhile, Karl-Heinz Grasselt reports on the weird and wonderful



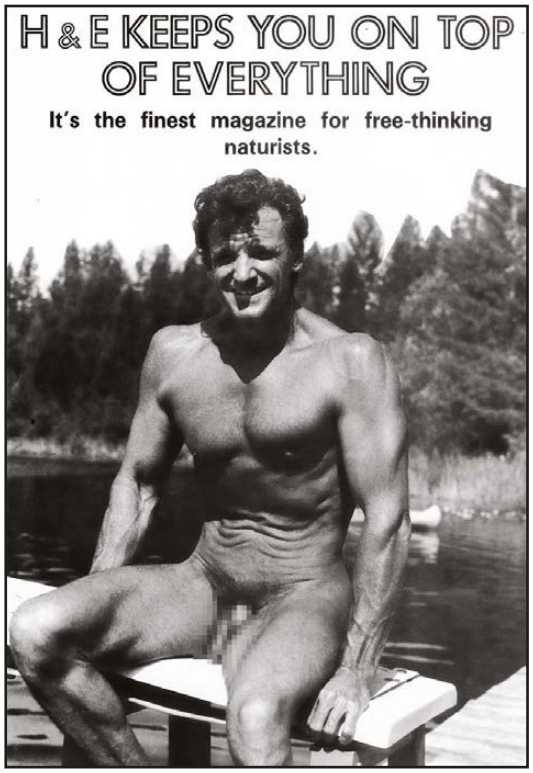
PILCHARDS COVE NOW OFFICIAL

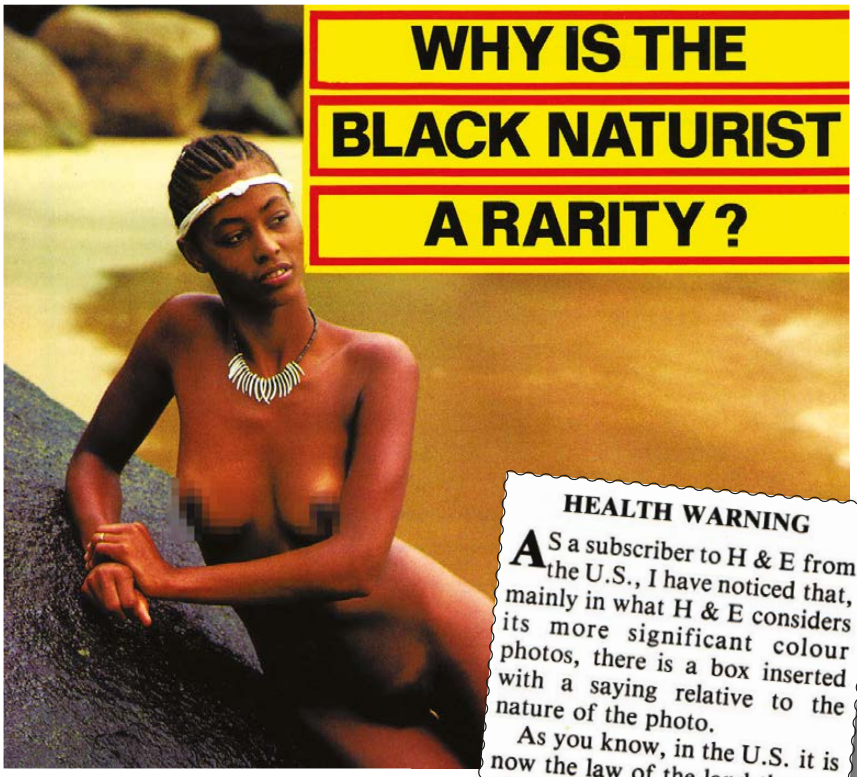
SOME time ago the local council visited Pilchards Cove to see the nudes. Whether they were lucky or not I cannot tell. I do remember a suggestion that a sign should be put up, warning the public that nudes were around. The council decided against this move; they thought it may appear they were accepting nudism.

Now they have another headache. This beach near Strete, Dartmouth, has achieved country wide publicity. A brochure put out by the Kingsbridge and District Tourist Information Centre mentions the nudist beach and local residents are preparing for an onslaught. But why not?

The beach has been used by nudists 'since time immemorial' as the saying goes.







WHY IS THE BLACK NATURIST A RARITY?

HEALTH WARNING

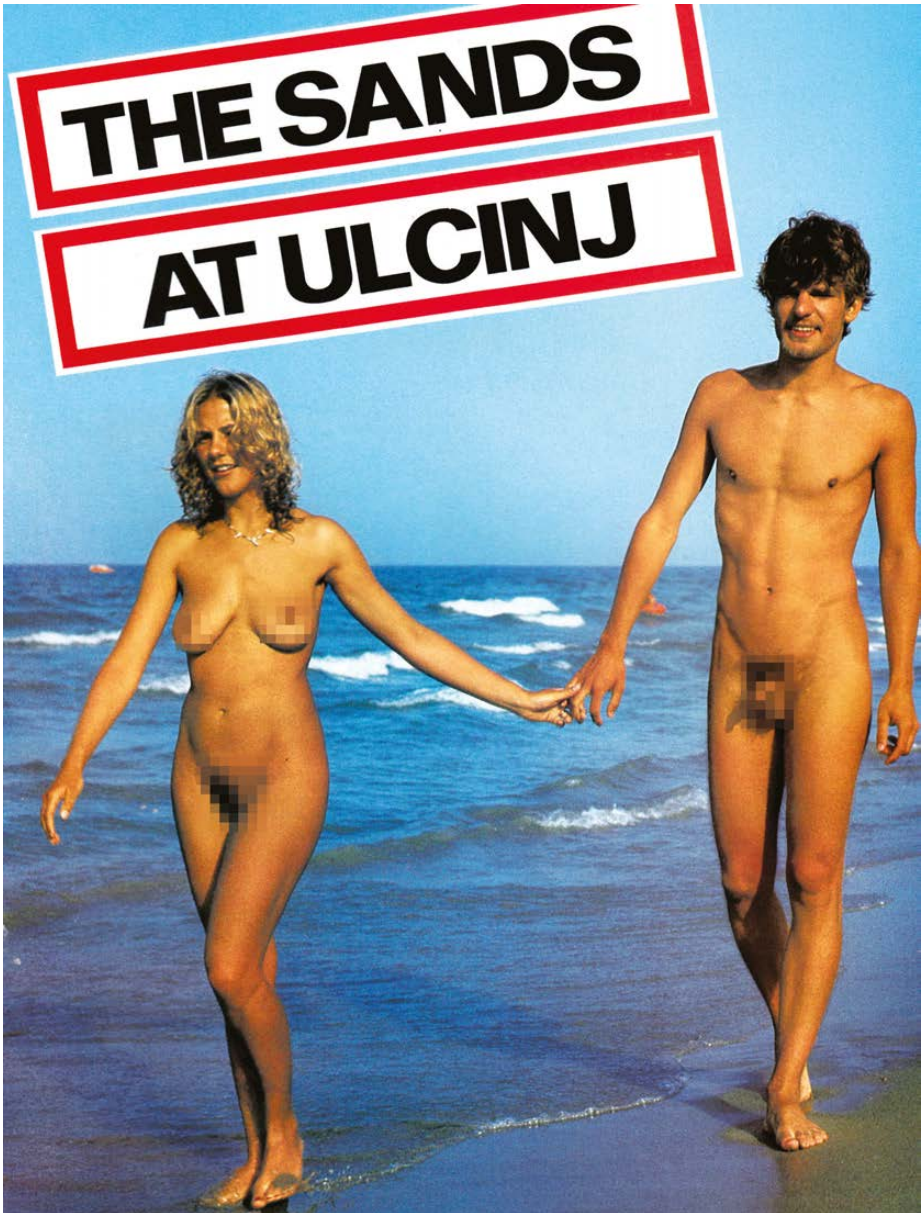
AS a subscriber to H & E from the U.S., I have noticed that, mainly in what H & E considers its more significant colour photos, there is a box inserted with a saying relative to the nature of the photo.

As you know, in the U.S. it is now the law of the land that on all packs and/or cartons of cigarettes, the following must be shown prominently, also to be shown in box form as well: 'Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous To Your Health.'

I am suggesting, therefore, as a counterpart to the above-quoted health warning, indicating the health advantages to being a naturist, that the following be inserted in all of H & E's more descriptive photos (black and white as well) in the form of bordered boxes; 'Being a Naturist is not Dangerous to your Health'.

I firmly believe that this idea would catch on worldwide.

Dante S. Reale
Connecticut,
U.S.A.



THE SANDS AT ULCINJ

spectacle that was the Cap d'Agde beauty contest, and "undesirable male" Stuart Kitchinir writes on the age-old subject of prejudice against the single man, as well as society's arbitrary norms. "Perhaps many naturists will find it offensive that I often wear a mini-skirt around my own premises. To such people I would ask, what is the difference between wearing some particular clothing or in not wearing any clothes at all? ... It is all in the mind, and for naturists to express concern is like the pot calling the kettle black."

Sam Hawcroft

REVIEWS



FILM

THE DIARY OF A TEENAGE GIRL
USA, 2015
Director: Marielle Heller

Available from Amazon on DVD, to rent or to watch online with Amazon Instant Video.

The nudity is also far from being all sexual. Minnie spends a lot of time staring at herself naked in the mirror. Like most teenage girls, she worries that she's not desirable, that her body isn't good enough, that she's what she absolutely is not: fat

I WAS WARY OF WATCHING THIS. It sounded dodgy, to say the least. A 15-year-old girl sleeping with her mum's boyfriend – or, to be more precise, a 40-year-old bloke committing statutory rape with his girlfriend's 15-year-old daughter. Yet I'd seen that the film had attracted some great reviews and that it was based on a semi-autobiographical graphic novel of the same name. And I'd duly taken note that the director was female (Marielle Heller), and reminded myself that dodginess didn't stop *Lolita* being regarded as one of the greatest novels of the 20th century.

None of that, though, meant some of the scenes weren't difficult to watch, especially early on. But then Bel Powley's knockout performance as the adolescent Minnie kicked in, and I realised that, despite the despites, *Diary of a Teenage Girl* is not a story about victims and villains, but an offbeat coming-of-age tale about the quest for self-worth and empowerment.

What I wasn't expecting was to find the film so amusing, albeit often amusing and appalling at the same time. Minnie is the narrator of the story, recording her diary on her 1970s tape recorder as she sits on her bed, beneath her Iggy Pop poster, with her flared jeans and unflattering straight hair and bangs. "Today, she declares, "I had sex – Holy shit!" And so it continues, with regular updates of her affair with Munroe (Alexander Skarsgård) and her escapades with partner-in-drugs-and-doing-what-they-shouldn't, best friend Kimmie.

The thing to understand about Minnie is that apart from lacking affection, she's adrift in her doubt-filled adolescence, without parental limits or guidance. She lives in San Francisco with her sister and her mum, the bohemian Charlotte (Kristen Wiig), an out-and-out party animal, who's always coming home drunk, snorting cocaine off the coffee table, and bringing back disastrous boyfriends. Munroe is her current lush. He's a loser, a layabout, and any get up and go he once had has long gone. Skarsgård manages to make him not altogether unlikeable. And Minnie likes him very much. Her hormones are raging, and Munroe is just too weak-willed – and ultimately immoral – to resist.

We see a lot of Minnie naked or partially naked in the film – and this is all part of the rawness, the vulnerability and, what one critic describes as the "purposeful awkwardness" that Powley brings to her character. Ironically, it's also part of her strength, and her battle to find her way in the world in the midst of her mother's parenting in absentia. The nudity is also far from being all sexual. Minnie spends a lot of time staring at herself naked in the mirror. Like most teenage girls, she worries that she's not desirable, that her body isn't good enough, that she's what she absolutely is not: fat. You want to hate her mum, who rides roughshod all over her daughter's need for affection and acceptance, saying she ought to lose a few kilos and do something with her hair to make herself more attractive to boys. It's so easy to see why she seeks solace in Munroe and, later, as she grows older and bolder, in the drug-fuelled 'scene' of 1970s San Francisco. Sex makes her feel powerful, worth something.

I did say the film was amusing. Re-reading what I've written, perhaps it doesn't sound like it. But it is! Provocative and unflinching, yes, but also laugh-out-loud funny and ultimately triumphant. Apart from recording her diary, Minnie seeks refuge from the chaos of her world by reading underground comics – and then by creating her own cartoon characters and vignettes, some of which the director wittily weaves into the film, mixing real life and fantasy.

In her diary, in her comics, as Minnie explores her sexuality, she is sharp and insightful, and Powley is never anything less than convincing. Why she is not up for an Oscar I just do not know. I've seen most of this year's Oscar-nominated films and clocked some tremendous performances, but it's new-girl-on-the-block Bel Powley who has wowed me most.

Theresa O'Shea

VERDICT ★★★★½

BOOKS

NUDE IN SPACE
by P Z Walker



Published in paperback by CreateSpace, ISBN 978 1500855451, and as an ebook by Amazon and Smashwords.

IN P Z WALKER'S TALE OF THE FUTURE, THE EARTH'S CLIMATE HAS FINALLY STABILISED. The land is mostly desert, and many people live in domed cities enclosing housing, commerce, industry and agriculture. The only communities in the open air are clothes-free.

Travel across the galaxy takes only months, thanks to advanced propulsion systems and a network of wormholes. So far, no other planet has been found suitable for human colonisation. The latest prospect, CX 298, seems promising. Its gravity is a little less than earth-normal, the atmosphere is breathable, the highest life-form is a barely sentient herbivore and some plants are edible.

Inevitably, CX 298 has drawbacks. While not as overheated as Earth, its climate is hot and humid, and Walker adds some novel features to its ecology. Tiny airborne flowers collect on fabrics and cause them to fall apart within days. Only metals and impermeable plastic are resistant, and even there the tubing and seals of air-conditioning systems fail rapidly.

The survey teams on the planet's surface are forced to live and work nude, which most of them find uncomfortable. In desperation, the authorities decide to recruit specialists from Earth's naturist communities. Neil and his wife Casey sign up, joining others *Nude in Space*, on a star cruiser bound for CX-298. Although the naturists enjoy the planet's environment, they have no success in untangling the biochemical processes which make the planet so inimical to clothed humans.

The naturist element of this tale is written well, without any preaching. Relationships within and between the naturist and non-naturist groups are varied, helping Walker address a range of issues, including the ethics of exploiting another planet. The distinction between sexual and non-sexual nudity is mentioned, but there's no explicit sex in the story.

SF has often used alien environments to explore non-fictional earthly concerns, and Walker's primary interest is naturism and responses to it. To develop the situations he wants to write about, he has invented various technologies and ecological factors. Some, such as the wormholes, are well-worn contrivances. Others, like the fabric-dissolving flowers, are unusual (and often very far-fetched). Their casual treatment will frustrate readers who like their SF to have a coherent scientific base, albeit a fictional one.


P Z Walker

I doubt *Nude in Space* will satisfy serious SF fans, and others could be put off by the SF nature of this lightweight tale. Perhaps the most accepting audience might be youngsters who could go along with the pseudo-science, being interested only in personal and moral issues. They could well find Walker's presentation of attitudes to social nudity interesting, particularly since for some of his diverse characters it is a conscious choice while for others it is an unwelcome imposition.

Overall, a naturist-friendly easy read, but, unfortunately, of limited appeal.

Tim Forcer

VERDICT	
Naturist content	★★★★☆
Good read	★★★☆☆
Value for money (pb)	★★☆☆☆
Value for money (ebook)	★★★☆☆



CLUB GUIDE

Not listed here? Get in touch! Email listings@henaturist.net with your details or call 01482 342000

BEDFORDSHIRE

Blackthorns Sun Club
Sharnbrook, near Bedford
01234 782212

BERKSHIRE

Heritage Club
Heath Ride, Crowthorne, RG45 6BS
01344 775032

BUCKINGHAMSHIRE

Diogenes Sun Club
Near Chalfont St Peter and Rickmansworth
Near J17 of the M25
www.diogenessunclub.co.uk

CAMBRIDGESHIRE

Cambridge Outdoor Club
The Orchard, The Borough
Aldreth CB6 3PJ
01353 741335

Croft Country Club
Toll Rd, Three Holes,
Wisbech PE14 9JD
01354 638445
www.croftcountryclub.co.uk
185 OP S C G M Pet SH V CP SE ST HOL £200 ALL DV £18 Covered indoor pool, sauna suite, clay pigeon shooting, archery

CHESHIRE

Manchester Sun and Air Society
Near Knutsford, Cheshire
Visitor Enquiries 07821 805866
email msaswarden@hotmail.com
Heated outdoor pool, minitens, petanque, bowls, clubhouse, Wi-Fi sauna, childrens play area.
For full details visit our website www.springfieldmsas.org

North Western Sunbathing Soc
Email: membsecnwss@mail.com

CORNWALL

Southleigh Manor
St Columb Major
Cornwall TR9 6HY
01637 880938

CUMBRIA

Solway
07943 496100

Lakeland Outdoor Club
Stoup Dub Farm, Haverigg, Millom
Marion (Secretary): 01484 863036
marion@lakelandoutdoorclub.co.uk

DORSET

Rivendell
Horton Heath, Wimborne
BH21 7JN
01202 824013

Bournemouth & District Outdoor Club
Matchams, Nr Ringwood BH24 2BU
07775 968518
bdocnat@hotmail.co.uk
www.bdoc.co.uk

South Western Outdoor Club
Dorchester
07534 091443
www.swoc-naturist.co.uk
secretary@swoc-naturist.co.uk

DURHAM

Greenacres Club
0191 491 0648

ESSEX

Springwood
Colchester 07789 044072

Oakwood Sun Club
Romford/Brentwood 07960 109041

Arcadians
07813 346631

GLOUCESTERSHIRE

Pines Outdoor Club
07754 543841

Wyvern Club
07563 678253

HAMPSHIRE

Haslemere Sun Club
Headley Down
0799 959 8402
Family-oriented BN club, woodland setting, heated pool, games courts, hot showers, well-equipped pavilion.
memsec@sunnyacres.co.uk
www.sunnyacres.co.uk

HERTFORDSHIRE

Fiveacres Country Club
Junction 21a M25. Bricket Wood, St Albans AL2 3PY
01923 673073
Themed parties throughout the year
www.fiveaacrescountryclub.com

Sun-Folk Society
The Spinney, Hazel Road, Park Street, St Albans AL2 2AJ
Inquiries: 0845 217 8931 (Calls will cost 3p per minute, plus your phone company's Access Charge)
Clubhouse: 01727 873576
info@sun-folk.org.uk
www.sun-folk.org.uk
OP S C M Pet B V CP

Spielplatz Naturist Club
Lye Lane, Bricket Wood
St Albans AL2 3TD
01923 672126
www.spielplatz.co.uk
information@spielplatz.co.uk
Licensed bar and clubhouse. Large heated swimming pool. Sauna. Extensive grounds and lawns. Day visitors and new members welcome.

ISLE OF WIGHT

Valerian Sun Club
07931 281360

KENT

Eureka Nudist Club
Manor Lane, Fawkham Longfield
01474 704418

The Naturist Foundation
01689 871200

Silverleigh
London Rd, West Kingsdown
Kent TN15 6EX
01474 853438

LANCASHIRE

Lancashire Sun
Hazel Grove, Sandy Lane, Rufford, Ormskirk L40 1SX
01704 823323
www.lancashiresun.org.uk
secretary@lancashiresun.org.uk
130 OP S C M Pet V CP SE ST
£80 per adult, children free.
DV £5 per adult

LEICESTERSHIRE

Oaklands Sunclub
PO Box 8020, Leicester LE9 3WX.
Phone: 07876 770 384
www.oaklandssunclub.co.uk
info@oaklandssunclub.co.uk

LINCOLNSHIRE

East Midlands Sunfolk
07734 882333

Lakeside Farm
07932 784918

Sungrove Sun Club
07745 106008

MERSEYSIDE

Liverpool Sun & Air
Sunnyside, Fox's Bank Lane
Whiston, Merseyside L35 3ST
07967 884448
www.lsas.org.uk
secretary@lsas.org.uk
180 OP S C M Pet SH CP SE ST
£98 per adult, children free.
DV £4 per adult

Wirral & Liverpool SCN Club
email: smoothandnude@yahoo.co.uk

NORFOLK

Broadlands
Brickle Road, Stoke Holy Cross, Norwich NRL4 8NG
01508 492907

Breckland
01362 858871

NOTTINGHAMSHIRE

Nottingham Sun Club
07977 490428

OXFORDSHIRE

OXNAT (Oxford Naturist Club)
Lovely 12-acre secluded woodland site enclosing sunbathing lawn and clubhouse with cosy wood stove, sauna, showers and kitchen for informal gatherings. Regular socials, group activities, games from scrabble to pool. 24/7 member access to facilities, occasional camping. Indoor swims (off site). Balanced membership. £72 couples, £52 singles. Families welcome.
www.oxnat.org.uk
enquiries@oxnat.org.uk
07941 435021.

SHROPSHIRE

Telford Naturists
01952 610873

SOMERSET

Ridgewood Sun Club, Clevedon
Email: ridgewoodsunclub@live.co.uk
www.ridgewoodsunclub.co.uk

SURREY

The White House Club
Warlingham, Surrey
07952 788377

SUSSEX

Aztecs Sun Club
07854 823565

Bristol Gardens Health Spa
01273 698904

Mill Bank Sun Club
01323 484794

TYNE & WEAR

Tando
07970 328144

Three Rivers
01207 233275

WARWICKSHIRE

Avon Outdoor Club 01922 416670

YORKSHIRE

Ashdene
01422 379500

Ryedale Naturist Club
www.ryedalenaturistclub.co.uk
Tel 07528 409332 email info@ryedalenaturistclub.co.uk

Valley Club (Harrogate)
Clubhouse, licensed bar, 3 miniten and 2 boules courts. Nine acres with 75 members' caravans & caravans available for visitors.
07980 028417
100 C S M Pet ST by arrangement
£10 DV by arrangement.
veronicaatvalley@googlemail.com
www.valley-sun-club.co.uk

The White Rose Club
PO Box 25, York, YO60 7WZ
Tel: 01904 468293 ansaphone
www.whiteroseclub.co.uk
Licenced Bar/Clubhouse. Pool & Sauna. Sports facilites. Theme nights/disco. Caravan/camping with electric hook-up.
Visitors (CCBN, INF, members of other clubs) welcome.
Applications for membership invited from genuine naturists.
140 OP S C LB M Pet B CP SE ST HOL

Yorkshire Sun Society
In 26 acres of woodland. Clubhouse with licensed bar. Heated swimming pool, sauna and Jacuzzi. Caravans for hire. Tent and touring caravan sites.
Website: www.yorkshiresun.co.uk
Email: yorkshiresun@msn.com
Write to: YSS, Carlam Lane, off Cumbrian Way, Wawne, Hull HU7 5YX, or phone Jim on 07860 877866.

SCOTLAND

Scottish Outdoor Club
Secretary: Doug Beveridge
01563 534320
scotnaturist@freeservers.com

Forth Country Club
www.forthnaturists.co.uk

Sunnybroom
07794 711627

WALES

Tything Barn
West Williamston, Kilgetty.
01646 651452

Vale of Glamorgan Sun Club
07821 270752

Western Sunfolk
07972 385428
westernsunfolk@ntlworld.com

IRELAND

Irish Naturist Association
PO Box 1077, Churchtown, Dublin 14

Club Aquarius
Suite 117, 28 South Frederick St, Dublin 2 00353 87685 7279
clubaquarius@gmail.com

UNLANDED GROUPS/CLUBS

Naturist Spa Club
nodel@tiscali.co.uk
naturistspaclub.wix.com/naturist-spa-club-

Solaqua
solaqua@hotmail.co.uk

Three Rivers Outdoor Club
www.threeriversclub.org.uk

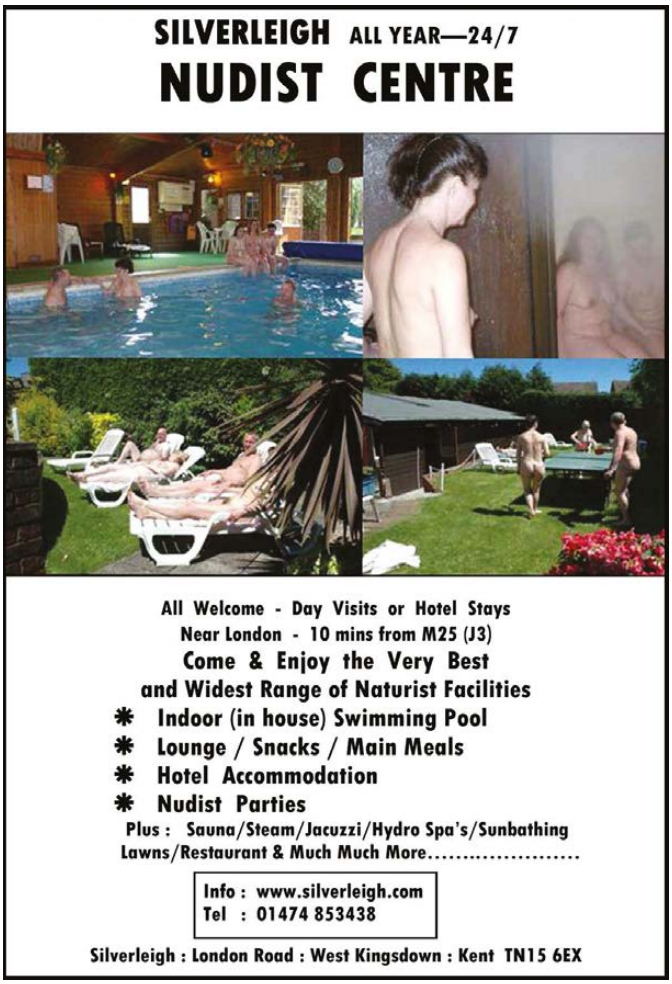
The Singles Outdoor Club
www.soc-uk.info

DEFINITIONS

First figures are membership numbers. n/a – not known. 123 – number of members or units in club. OP – outside pool. IP – inside pool. OP + IP both inside and outside pools (n.b. where known). S – sauna and associated facilities. C – clubhouse or other building. LB – licensed bar. G – games courts (general). M – miniten courts. Pet – petanque (boules). B – badminton. SH – shuffleboard. V – volleyball. CP – dedicated play area for children. SE – special events held during season. ST – stays in tents caravans and/or accommodation for hire. HOL – holiday venue. £000 – annual membership fee for 2 adults and 2 children. F&C – families and couples only admission policy*. All – membership open to all. Q – quota for single men and women. DV £00 – cost of day visit for 2 adults/2 children.

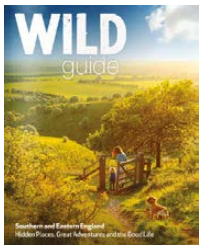
** Discriminatory admissions policies are against the law. H&E naturist includes this information only when requested by club officials. Hawk Editorial Ltd accepts no responsibility for any consequences of information in these listings and cannot guarantee their accuracy.*

BEDFORDSHIRE
Bedford Naturist Swim
www.bedfordnaturistswim.co.uk
BERKSHIRE
Reading Naturist
0118 975 2202 or 0118 937 1902
BRISTOL
Aquasol
0788 446 3713 (before 8.30pm)
CHESHIRE
Wirral Naturist Club
Northgate Arena, Chester, Saturday evenings. 07884 022146
enquiries@wirralnats.org.uk
www.wirralnats.org.uk
CORNWALL
Far West Swim 07891 256130
DEVON
Torbay Sun Club 01395 233259
Plymouth Sun Club 07527 414009
info@plymouthsunclub.org.uk
plymouthsunclub.org.uk
Facebook: http://fb.me/plymouthsc
DORSET
Naked swim
nakedswim.co.uk
ESSEX
Springwood Sun Club
Prested Hall, Feering:
07789 044072
The Naturist Spa Club at Aqua Springs Colchester Leisure World, 1st & 3rd Sundays.
01206 824113
naturistspaclub.wix.com/naturist-spa-club
GLOUCESTERSHIRE
Wyvern Swim 07563 678253
Severn Vale Swim 01452 522896
HAMPSHIRE
Alton
Saturday: 023 8063 2199
Sunday: 01420 540040
New Milton 023 8090 5935
Halcyon 023 9238 8482
HERTFORDSHIRE
Watford Naturist Swimming Club
Watford Leisure Centre – CENTRAL, Peace Prospect, WATFORD, WD17 3HA. Fridays (exc Bank Holidays) 2045-2200 £5 visitors, £4 WNSC members. Under-18s £1, under-fives free. ID: BN, club card, or trial visitors' letter from club secretary.
www.wnsc.org.uk; info@wnsc.org.uk
Recorded Information:
0845 347 9319 (Calls will cost 3p per minute, plus your phone company's Access Charge)
KENT
Silverleigh 01474 853438
LANCASHIRE
Poulton-le-Fylde swimming centre
01253 771528
www.blackpoolandfyldesunclub.moonfruit.com
Morecambe Bay 07842 124 610
Acqua 01253 294610
LEICESTERSHIRE
Desford Swim 07762 732601
www.desfordswim.org.uk
LINCOLNSHIRE
Sleaford Swim 01522 871096
sleafordnude@gmail.com
sleafordnaturistswim.blogspot.co.uk
LONDON
Naturist London Sunday Swim
12-2pm at Student Central (formerly ULU); web: naturist.london
Altogether Yoga
www.altogetheryoga.com
Naked Yoga London
www.nakedyogalondon.co.uk
NKD Training (exercise sessions)
www.nkdtraining.co.uk
Rio's 020 7485 0607
NORFOLK
Club Naturel
hillhousefarm@live.co.uk
NORTHAMPTONSHIRE
Northampton Sun
08707 650558
NOTTINGHAMSHIRE
South Forest Leisure Centre, Edwinstowe First and third Saturdays every month, from 7.30pm to 10.30pm: 01623 823866
OXFORDSHIRE
Oxnat 07941 435021
STAFFORDSHIRE
The Potteries Swim
Jubilee Pool, Newcastle-under-Lyme
Alternate Sundays, 1800-2100
30-metre pool & water flume, sauna & plunge pool, Turkish suite. ID required. 01782 281189
www.potteries-swim.org.uk
WaterWorld Stoke-on-Trent. Next swims: April 23, and Sep 3, 2016 – www.bn.org.uk
SUFFOLK
Mildenhall Swim 07946 886843
Newmarket Swim 07946 886843
Helsinki Health 01473 724196
SURREY
Noah's Ark Club 01372 456536
Shabden Leisure 01797 364315
SUSSEX
Eastbourne 01323 422421
TYNE & WEAR
Newcastle Turkish Bath
www.nudeswims.co.uk
WEST MIDLANDS
Spectrum Club 07876 661483
membership@spectrumclub.org.uk
Swans 07811 451545
WILTSHIRE
Pickwick Club
07952 298741 or 07840 985693
Madnat 07092 031130
YORKSHIRE
Leeds Naturist Group
Bramley Baths – weekly swim and steam room.
leedsnaturistgroup@gmail.com
www.leedsnaturistgroup.com
HTB Naturists Sessions at Harrogate Turkish Baths, Ripon Baths and Doncaster Dome. Various Saturday evenings: contact htbnaturists@gmail.com
Ryedale Naturist Club
Alternate Sundays 3pm-5pm
www.ryedalenaturistclub.co.uk
07528 409332
Sheffield
Chapeltown Baths 0114 221 5579
WALES
North Wales 07932 745897
Chepstow 07804 309130
Cwmbran 01633 482832
Llandudno 01978 751209
Swansea and District Leisure Club 07890 129777
Nudie Dudies South Wales, Llantwit Major Third Sunday of every month, 5.15pm. 07817 773479
SCOTLAND
Sunnybroom 07794 711627
Forth www.forthnaturists.co.uk
Tay Valley 01250 884 323
Scottish Outdoor Club
01563 534320
NORTHERN IRELAND
Northern Outdoor Association
noaclub@yahoo.com
IRELAND
Southern Naturist Club
0857 215000 (6-10pm only)





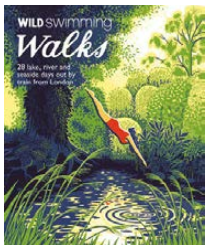
Books



Wild Guide: Southern and Eastern England

This naturist-friendly new compendium features more than 1,000 hidden places to visit, including ideas for slow food and wilder accommodation. From the wild swimming rivers, secret beaches and lost ruins of Norfolk and Suffolk, to the ancient woods, meadows and orchards of Kent and Sussex. Includes the New Forest and Isle of Wight.

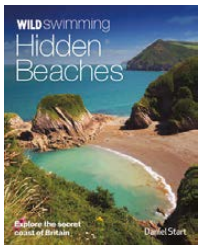
Code BKSWGSE Price £10.99



Wild Swimming Walks

Join the famous swimming ladies of Hampstead on their favourite country walks – all accessible by train – across southern and eastern England. With walks from a few miles to a full day out, this book is ideal for naturists, families and the more serious adventurer too. With original illustrations and scenic photographs, plus detailed instructions, maps and intriguing anecdotes.

Code BKSWSW Price £10.49



Wild Swimming Hidden Beaches

This is the extended 2014 edition of Wild Swimming Coast. Daniel Start charts Britain's most beautiful secret beaches, describing the best places to swim, walk and explore. Includes 50 new locations and directions to over 400 magical spots, with suggestions for good pubs and campsites, plus difficulty ratings and safety guidelines.

Code BKSHB Price £11.99



Wild Swimming Italy

The Wild Swimming series travels to Italy to explore freshwater lakes, river beaches and lagoons. Perfect for family explorers or romantic adventurers, this stunning travel book combines beautiful photography with practical information including maps, directions, grid references and walk-in times. There are also recommendations for canoe trips, campsites and tavernas.

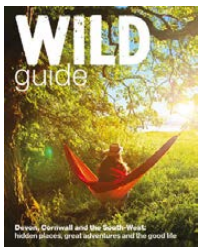
Code BKSWSI Price £11.99



Wild Swimming

The best-selling photo guide has been now fully revised and expanded to include 150 new amazing wild swimming locations (almost 400 in total), brand new coverage in the South-East and the Midlands, new information for kids and families, new ideas for pubs, campsites, boat trips and weekends, plus new ratings on safety and access.

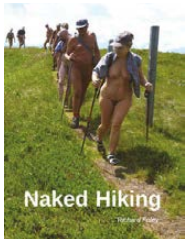
Code BKSWS Price £9.99



Wild Guide: Devon, Cornwall and the South West

This compendium of adventures features the best wild places to visit in Devon, Cornwall, Somerset and Dorset, including the best secret beaches and wild swimming locations, amazing ancient woodlands and wildlife spectacles, and even treehouses, gypsy caravans, yurts and traditional pubs.

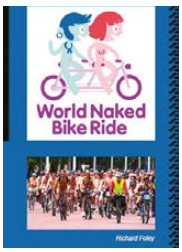
Code BKSWG Price £9.99



Naked Hiking

Many people may be surprised to discover that hiking naked in public spaces is fully legal and actively supported in many countries. Richard Foley's book brings together some of the best writers on the subject, including Stephen Gough (the Naked Rambler), Stuart Pitsligo (author of *Naturist, Red in Tooth and Claw*), and many others. Including more than 80 full-colour photographs.

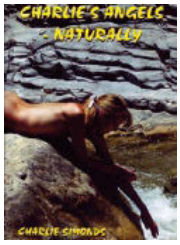
Code BKSHIKE Price £19.99



World Naked Bike Ride

The WNBR is a global protest against oil dependency and urban pollution, promoting greater cycling safety, and encouraging body freedom. This book visually describes the event, its history, those who take part, and the motivations behind this very public demonstration. Including 250 photographs and images. Written and compiled by Richard Foley.

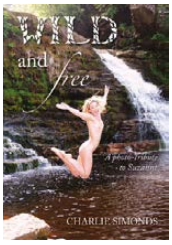
Code BKSWNBR Price £19.99



Charlie's Angels – Naturally

This highly acclaimed and lavishly illustrated book records, in words and pictures, regular H&E photographer Charlie Simonds' stories of working with 20 stunning ladies who have starred around the world in his 68 Parafotos films.

Code BKSCAN Price £15.99



Wild and Free

This is legendary H&E photographer Charlie Simonds' tribute to one of his 'Angels', Suze, with more than 150 pages of stunning images featuring naturist venues in the UK and abroad, and many more fascinating locations and unusual settings. With introductions by Charlie, Suze and H&E editor Sam. Naturist and art-nude photography at its very best.

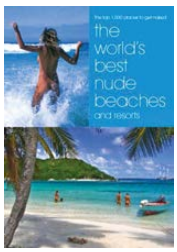
Code BKSSUZE Price £19.55



Bare Britain

This is a beautiful guide to Britain's best places for baring all, with more than 50 beaches and 100 naturist clubs described. On a region-by-region basis, it highlights tranquil locations both on the coast and inland, and is packed with useful advice including travel directions.

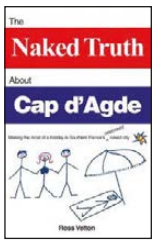
Code BKSBB Price £14.95



The World's Best Nude Beaches and Resorts

An enticing look at nude beaches in in 50 countries across Europe, the Americas and Australasia, with an emphasis on quality destinations within easy reach of the average traveller.

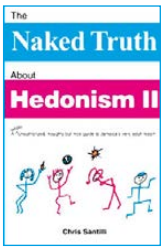
Code BKS0083 Price £14.95



The Naked Truth About Cap d'Agde

This 192-page book (with 16 pages of colour photos) tells you why – and how – to make the most of a holiday to this famous 'naked city', which attracts 300,000 naturists and libertines each summer.

Code BKSCAP Price £15



The Naked Truth About Hedonism II

A totally unauthorised, naughty-but-nice guide to Jamaica's adult resort. Learn why Hedonism II has a 90% repeat guest rate – even though the facilities may be tired, and the food mediocre...

Code BKSHEDO2 Price £15

Back issues



November 1997

Featuring: A nude way of life in Kent, Devon and Brittany; naked secrets for a fit body; Cap d'Agde – the ultimate naked holiday? A six-page special; medicine gardening – natural healing; and more. Edited by Helen Ludbrook.

Code HENOV1997 Price £7.99



December 1998

Featuring Greece, Corsica and Cornwall; Vera Playa TV special; stripping off in winter; naked Christmas gifts; horoscopes Christmas special; and more. Edited by Helen Ludbrook.

Code HEDEC1998 Price £7.99



February 1998

Featuring: Naked Sexy Christmas; Men Who Dress as Women; Rambling Nude in the Lake District; Paradise in the Pyrenees.
Edited by Kate Sturdy.

Code HEFEB1998 Price £7.99



October 1999

Featuring: Naturism in Ohio; the Nudist Files of Scotland Yard; Winter sun guide, including Maspalomas and Portugal; and naturism in London's parks. Edited by Mark Nisbet.

Code HEOCT1999 Price £7.99



January 2000

Featuring nude skydiving, naturists and water, naturism on the internet, and Future 2000 – six views on the past, present and future of naturism. Edited by Mark Nisbet.

Code HEJAN2000 Price £5.50



June 2001

Featuring: The 'sex on the beach' debate; Expanding Naturism in the USA; Naked New York; Mexico Magic; the 2001 Grand Naturist Tour; Colonial Cover-up; and much more. Edited by Mark Nisbet.

Code HEJUN2001 Price £5.50



November 2008

Featuring: Melanie Investigates; the Croatian resort of Koktebel; a visit to Millbank; clothing-optional beaches in Canada; and ideas for winter sun. Edited by Sam Hawcroft.

Code HENOV2008 Price £3.95



February 2013

Featuring: Andalusia – the 'real Spain'; Gran Canaria; how TV publicity has affected Clover Spa; the most significant naked screen milestones; Where are the Naturist Hotels?; and more. Edited by Sam Hawcroft.

Code HEFEB2013 Price £3.95



Lifestyle: issue 7

From 1998, and edited by Helen Ludbrook. Featuring St Martin, Formentera, Nudefest 98, experiences of on-stage nudity, and more.

Code XX097 Price £5.50



Lifestyle: issue 8

From 1998, and edited by Helen Ludbrook. Featuring bathing in Budapest, Cap d'Agde, Christmas in New Zealand, vintage H&Es, and more.

Code XX098 Price £5.50

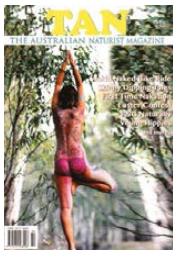
H&E magazine binders



These English-made 'Cordex' binders are a great way to store your H&E magazine collection with pride. They come with securely fastened cords to hold all your magazines in place. With a rounded spine featuring the H&E logo in gold, these attractive red binders give the appearance of a bound book, and allow for easy insertion of magazines by opening them to around the centre pages and slotting them underneath the cord.

Code HEBIND
Price £9.99

International magazines



TAN 68

The Australian Naturist Magazine, number 68. Featuring: Mass skinny-dip in Hobart; Seclude rainforest retreat; World Naked Bike Ride in Melbourne; naked golf; and much more. Published in autumn 2015, and imported directly from Australia.

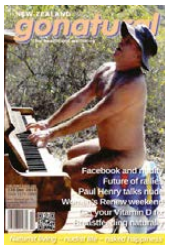
Code TAN68 Price £7.50



TAN 61

The Australian Naturist Magazine. Featuring: Tyagarah Beach under review; Naturism in the UK; NATCON 2013; continuing body freedom protests; Don't Lock Up Your Grannies; and more. Published in winter 2013-14, this was the first issue from the new publishers.

Code TAN61 Price £7.50



gonatural 235

NEW!

The official magazine of the New Zealand naturist federation, published in December 2015. This issue includes: Facebook and nudity; the future of rallies; Paul Henry talks nude; breastfeeding naturally; Women's Renew weekend. Imported directly from New Zealand.

Code GONAT235 Price £7.50



gonatural 234

The official magazine of the New Zealand naturist federation, published in September 2015. This issue includes: Anniversary Climbing Wall at Vantan; Nude Golf in Wairau Valley; Life Drawing at Oranui; Is Going Naked the New Black?; and much more. Imported directly from New Zealand.

Code GONAT234 Price £7.50



gonatural 233

The official magazine of the New Zealand naturist federation, published in June 2015. This issue includes: 35th World Congress of Naturism; Pineglades Rocks; World Naked Bike Ride; A Day at Rotota; Nude Adventure in Marlborough; and much more. Imported directly from New Zealand.

Code GONAT233 Price £7.50



gonatural 232

The official magazine of the New Zealand naturist federation, published in March 2015. This issue includes: Through a Teenager's Eyes; Passing of a Naturist Icon; Rapere Film Festival; Sunny Days in Hawkes Bay; and much more. Imported directly from New Zealand.

Code GONAT232 Price £7.50



gonatural 231

The official magazine of the New Zealand naturist federation, published in December 2014. This issue includes: Croatia Naturally; The only naturist club in NZ with a gym; Rotorua and surrounds; INF Congress 2014 report; European Vacation; and more...

Code GONAT231 Price £7.50



gonatural 230

The official magazine of the New Zealand naturist federation, published in September 2014. This issue includes: INF Congress 2016 - bid update; Nudefest 2014; Nude Golf International; Polar Plunge; A Tribute to Joyce Fleming; and much more...

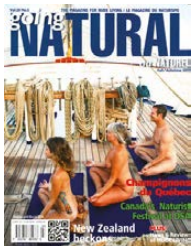
Code GONAT230 Price £7.50



gonatural 229

The official magazine of the New Zealand naturist federation, published in June 2014. This issue includes: Nude adventure in Marlborough; Hash House Harriers visit Te Maura; NUDVAN Mystery Safari; Naked Overlanders Deep South Trek – and much more...

Code GONAT229 Price £7.50



Going Natural Fall 2015

NEW!

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada.This issue features: life drawing from an early age; a successful 2015 festival in Quebec; losing a great defender of naturist values; yoga on the high seas; and more. In French and English.

Code GNFALL2015 Price £7.99



Going Natural Spring 2015

Quarterly naturist magazine published by the Federation of Canadian Naturists and imported directly from Canada.This issue features: 25 years of naked cruising; nude art nude; getting nudists to speak with one voice; go natural in New Zealand; and more. In French and English.

Code GNSPR2015 Price £7.99



Going Natural Fall 2014

Published quarterly by the Federation of Canadian Naturists and imported directly from Canada. This issue features the Canadian 2014 Naturist Festival; Polynesian Dreams; Cottontail Corner Clothing-Optional Beach; and more. In French and English.

Code GNFALL2014 Price £7.99



Going Natural Spring 2014

Published quarterly by the Federation of Canadian Naturists and imported directly from Canada. Includes: Love nature...garden naturally; the FCN flag's first nude cruise; Ma Journée dans un Spa – Textile; and more. In French and English.

Code GNSPR2014X Price £7.99

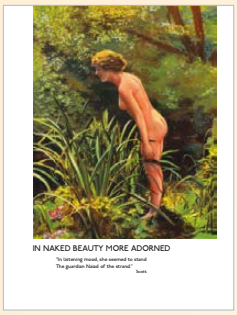


Going Natural Summer 2013

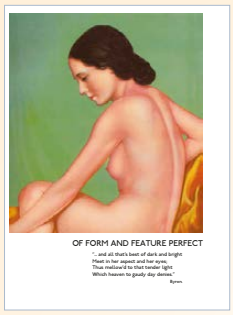
Published quarterly by the Federation of Canadian Naturists. Includes: The TreeSpirit Project; Naked Gardening Day; Le Bronzage: à Remettre en Question?; and more. In French and English.

Code GNSUM2013
Price £4.99 REDUCED

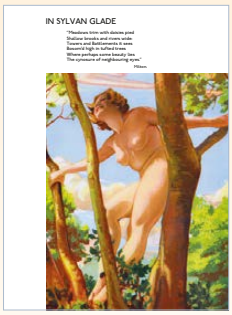
Beautiful retro posters



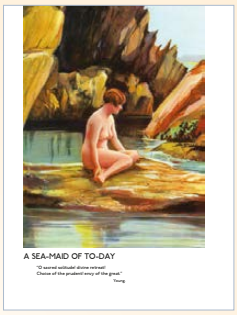
POSTER 1



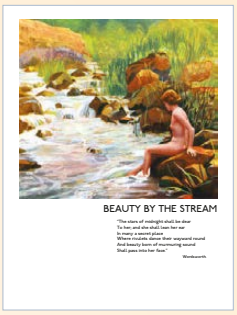
POSTER 2



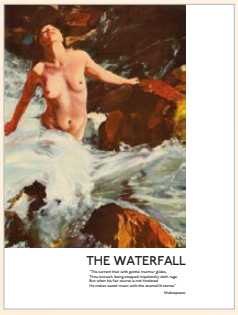
POSTER 3



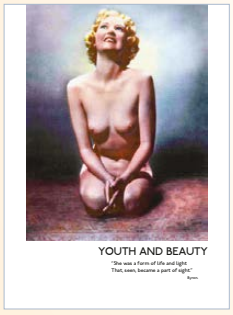
POSTER 4



POSTER 5



POSTER 6



POSTER 7



POSTER 8

These eight beautiful posters are facsimiles of colour plates from the Health & Efficiency July 1936 issue. Faithfully reproduced, with verse extracts from the likes of Shakespeare, Wordsworth and Milton, they would look great on any wall and are a fantastic gift idea – you could even have them framed (frames are not included). Each poster is printed on 250gsm silk paper and is available in A2 or A3 size. Shipped in sturdy tubes. Post-free in the UK, see order form for overseas charges.

A3 (297 x 420mm): £4.99 each ● A2 (420 x 594 mm): £9.99 each

Buy 2-3 – take 10% off the total ● Buy 4-7 – take 20% off the total ● Buy 8 or more – take 40% off the total

If you're struggling with the calculations or would like to view larger versions, visit www.henaturist.net/posters

H&E Marketing order form

Name: _____

Address: _____

Postcode: _____ **Tel no:** _____ **Email address:** _____

I confirm I am over 18 years of age ☐ I do NOT want to receive emails from H&E ☐

Quantity	Code	Description	Price

POSTAGE

Total

Payment details: AMERICAN EXPRESS MasterCard VISA DISCOVER Maestro

1. My credit/debit card details are: ☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐

Expiry: ☐☐☐☐ Valid from: ☐☐☐☐ Issue no: ☐☐ Security no: ☐☐☐ Signature: _____

2. I enclose a cheque/postal order for £_____ made payable to **HAWK EDITORIAL LTD**. Overseas customers who are unable to pay in GBP drawn on a UK bank are advised to pay by credit card. Otherwise, please add £7 to the order total to cover bank conversion charges.

Send your order form to: H&E naturist, Hawk Editorial Ltd, PO Box 545, Hull HU9 9JF or call 01482 342000

IF OUTSIDE UK, PLEASE NOTE POSTAGE BEFORE YOU SEND YOUR ORDER! POST IS FREE IN UK

Europe: orders £10 and under, £1.50; orders over £11, add £3 ● ROW: orders £10 and under add £3; orders over £11 add £6

You are welcome to scan or photocopy this order form, or continue on a separate page

Massage

COMPLETE BODY MASSAGE offered to men by handsome athletic guy in comfortable apartment. Also body shaving. Central and hotel visits anytime. Steve: 0207 376 4152

THINK BLISS
The ultimate in 4-handed massage
London, Gloucester & Birmingham
www.2hearts4hands4you.weebly.com

KENT MASSAGE Sensual, Relaxing, Whole body experience – massage by skilled ITEC qualified mature therapist for over-40s. In-calls/Visiting 7 days a week. Also tuition – learn to massage, from pleasure to professional. M/F/Couples. Close M20/M2. www.massage.gb.com 01622 884730. No withheld numbers or texts.

MALE MASSEUR FOR MEN
GTR MANCHESTER/LANCS
Sensual and relaxing naturist massage for MEN only.
Body shaving and Reiki also available
First timers welcome
Daytime and evening appointments
Jim **07580 290 732**
No withheld numbers please.

SENSUAL STRESS BREAKER Naturist massage, counselling, fantasies shared with blonde experienced confidante. Tel: 07778 122 484.

ALEXA, OF WEST LONDON (early 60s) offers physically pleasing massage. Wine buffs welcome. Inquiries by text only please to 07984 551 409.

LOUISE ATTRACTIVE CARING masseuse for the over-50s offers 1.5-hours sensual, soothing, relaxing massage in her private home set in peaceful location. Ascot 01344 297 051.



GYM-FIT MALE NATURIST MASSEUR
offers relaxing massage for men in a private rural location South Lincs/Peterborough area. Call 07847 787 171 – no withheld numbers please.



CHESHIRE/ NORTH-WEST
Qualified beauty therapist, early-50s, offers treatment to female/male – body wrap, body exfoliants, moisturisers, waxing, shaving, and relaxation therapies. No upper age limit. Senior citizens welcome. House calls within 25-mile radius. No texts/withheld calls.
07507 762 977

SENSUOUS LADY AVAILABLE for sensational massage. Available to pamper you day or evenings. Bucks area. M40 Junction 4/5. 07970 507925

HEAVEN ON EARTH Qualified therapist. Therapeutic massage for relaxation and stress relief. Ladies and gentlemen welcome. 07940 820 725. Herts area, J25 off M25.

TWO HOURS of sensual/naturist massage by fit natural blonde, age 49. Genuine, non-rush service, 20 yrs therapist experience. Call Carina: 07487 630 885 or email carinabliss@gmail.com. Heathrow/London/Ascot hotels, for mature male hotel guests.

GUILDFORD, SURREY Professional, experienced, elegant, mature masseuse. Light, firm, sensual and very nurturing massage. Safe, easy parking in quiet, rural location. Valerie 07582 449290.

SENSUAL NATURIST MASSAGE FOR WOMEN
Mobile masseur covering London, and travels frequently across England. Specialising in body to body, tantric and naturist massage. Home/hotel visits at short notice.
07811 739 731
info@sensualmassageforwomen.net
www.sensualmassageforwomen.net



RELAXING SENSUAL NATURIST MASSAGE by
GENUINE MATURE LADY NATURIST MASSEUSE
Private house,with off-road parking, only 5 min from junc 18 of the M6 (Cheshire). Shower and fresh clean towels supplied.
LADIES, GENTS & COUPLES are most welcome, and why not try our fantastic
COUPLES MASSAGE
TEL Judy: 07818 471490

THE WORKSHOP
NATURIST SPA & MASSAGE CENTRE
MALE & FEMALE THERAPISTS
SINGLE LADIES, GENTLEMEN & COUPLES WELCOME
01763 243 480
naturistmassage.co.uk

BURTON-ON-TRENT A38 Mature lady and lady friend offer 2 & 4 hand massages in a naturist environment. 07528 406113. No withheld numbers.



SENSUAL VELVET –
Massage for ladies and gents by Knightsbridge-trained beauty therapist. 25 years' experience. Dorking.
Tel: 07946 076 486. No texts.

DONCASTER, MALE THERAPIST offering mini-hamam, naturist and tantric massage for men, women and couples. Training also available for singles and couples. Four-hand massage by arrangement with a female colleague.
www.naturist-massageuk.com
or text/call 07780 772928.

ESHER – NORTH SURREY – KINGSTON AREA
Relaxing sensual naturist full-body massage offered by attractive mature professionally qualified and insured holistic therapist for men, women or couples (also available: four-handed with my husband). Comfortable private location, safe parking and shower facilities. Visit our website at:
www.qandatherapies.co.uk
or call Yvonne on **07515 262907**.
No withheld numbers please.

INDIAN LADY OFFERS Sensual and relaxing naturist massage and waxing available for men and women. Set in peaceful surroundings, fully qualified and experienced. Shower facilities available. Call 01827 251 995 NWN. Based in West Midlands.

NATURIST MASSAGE
Qualified experienced lady masseuse working at home. Stress-calming and muscle relaxing for total relaxation. Reiki and Indian head massage.
Tel: 07976 906 260
North Doncaster.
No withheld numbers.

TANTRAPURE... LEARNING HEALING PLEASURE
www.tantrapure-international.com
Tel: 0776 427 0868
(Stroud, London & Birmingham)

MALE MASSEUR FOR MEN NEAR M1-J23, LEICS
Whether you wish to relax or re-energise, each massage is uniquely tailored to your requirements. Open to males regardless of age or orientation. For a friendly and attentive service, do not hesitate to call or text for an appointment. Qualified and insured. Showering facilities available. 9am till late, 7 days.
07780 161672



SWINDON AREA



Sensual masseuse Ashley: I am black (British but of Caribbean origin), offering naturist massage. I have gorgeous ebony skin, I am 27 years old, tall (5ft 9ins) with brown eyes and long black hair. I am blessed with (natural) breasts, curves in all the right places and no piercings or tattoos. I have lots of massage training and experience and I mix this with my natural sexy persona to offer a sensual experience. Fully insured.
Call **07874 326426** or visit
www.ashleys-massage.co.uk

LOUISE OFFERS
sensual and relaxing naturist massage for men and women. Waxing and other beauty treatments available. Fully qualified and experienced. Shower facilities available. Based in West Midlands. Call 07947 152 157.
No withheld numbers.

Zensation



Mature experienced male offers an enticing range of m2m, m2f and m2couples massages. Enjoy in your own home/hotel or in my discreet therapy room in Redhill, Surrey.
Call or text today on 07470 269 968 or visit
www.1zensation.co.uk
www.tranquilitymassage.co.uk

STAFFORDSHIRE MALE NUDE MASSAGE

Qualified male masseur, early 50s, offers full range of naturist massage experience to discerning male/m/f curious types in nice relaxing/friendly environment. I'm 20 mins from Stoke-on-Trent, off A50/A500.

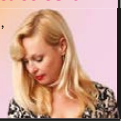
Call John for further details:
07891 036285
Please NO TEXTS OR WITHHELD NUMBERS.

ATTENTIVE MASSAGE

Lovely lady offering: firm/medium touch – Sexy light fingertips

07903 169301
(texts preferred prior to conversation)
www.soulcontact.co.uk
therapist@soulcontact.co.uk

M25 Brentwood, Essex J28, and Colchester CO2 area



Calm, clean, friendly environment
I look forward to healing you!

NATURIST MASSAGE & SPA

North London/Herts



Attractive qualified therapist offers a naturist full-body sensual massage for men and women. Other treatments: Aromatherapy oils, Swedish, Indian head, Thai foot; shower and sauna facilities in a clean and tranquil atmosphere.

Call Alice: **07539 624346**

Relaxations Ipswich



For the discerning gentleman who requires the "special touch".
Tranquil surroundings with two experienced ladies. Monday-Friday 10am-8pm

01473 270120

PURRRFECT NATURIST MASSAGE

Enjoy a relaxing, sensual/tantric full-body naturist massage by a fully qualified female therapist. Private and discreet home environment. Intimate shaving also offered. Male, female and couples welcome. Shower facilities and parking available.
Please call or text Mon, Tue, Wed & Thurs, between 9am-5pm.
(No withheld numbers)

07928 251453

Location – A1, Junction 38, near Doncaster

Tranquility Massage



We are Lacey, Debbie & Anna, 3 mature naturist ladies offering a variety of naturist massages & sensual experiences for ladies, gentlemen & couples here in our discrete garden retreat. Established in 2003, Tranquility offers 121 & 4 hand massages for your relaxation and sensual enlightenment.



Tranquility Massage Crawley
Call/Text Debbie on 07477 949 455
www.tranquilitymassage.me.uk

TAYLORS

Massage Therapies

Massage treatments in the comfort of your own home. 13 years' experience, ITEC- qualified in a range of therapies: a blend of Thai, Indian, Swedish and deep-tissue styles. Based in the Leeds area, mobile service only. No withheld numbers.

Matt 07552 488300

BEST NATURIST



My name is Eva (Black Beauty), an attractive, eloquent, happy and clean masseuse offering naturist discreet unique sensual erotic HOT-OIL massage. Your time with me will be intoxicating and memorable. I am 32, genuine size 12. I stand at 5ft 7in. Visit me, you won't regret it. Touch of class massage.

079 841 98769
(NOTTINGHAM)
ebonynaturistmassage.co.uk

Would you like to be Sensualized?



Sensualize
www.sensualize.uk
julie@sensualize.uk
07470146976
(Stourbridge)

BRIGHTON

Amazing 4-hand naturist sensual massage



Good-looking, friendly & experienced male therapists. Open 7 days a week. Men's waxing and other treatments also available.
Call or text: 07503 002 004
www.deepcalmmassage.co.uk

Cleaning

NAKED MALE CLEANER FOR WOMEN ONLY



Get your light dusting and hoovering done, sit back, watch and don't lift a finger, unless you want! Cleaning has never been this much fun! Photos available.
Contact: info@sensualmassageforwomen.net or **07811 739731**

DOMESTIC CLEANING by slim, attractive, femininely dressed 55-year-old male. My name is Anna, covering the Manchester area. 07598 962 164

Sally & Steven

Married Couple
Four Handed Naturist Massage
For Males, Females and Couples in
Greater Manchester
For Details:
07864 805599
(Text Only)
or
Visit our Website



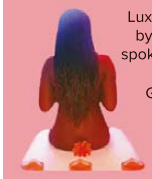
www.sandsnaturistmassage.com

SENSUAL MASSAGE SOUTH YORKSHIRE

Doncaster-based 49-year-old professional male offering a combination of styles (relaxing, sensual and tantric) to females and couples. Each session can be tailored to the length of time or style desired.
Phone Karl

07583 181 446

MISS NATURIST



Luxury naturist massage by warm, friendly well-spoken African lady therapist

Guilt-free pleasure and sensual erotic tantric massage that can be adapted to your requirements

Call any time
07582 916 270
NORWICH
** Recruiting female therapists **

NUDE CLEANING SERVICES FOR NATURISTS



Naturist Cleaners is a professional cleaning company and offer cleaning services to all naturists or everyone who wants to relax, have a different experience and watch their home being cleaned by one of our friendly naturist cleaners. We cover most areas in Greater London, Kent, Oxfordshire, Sussex and Surrey.

07507 622981
www.naturistcleaners.co.uk
info@naturistcleaners.co.uk

HARROGATE

Would you like to feel more alive?

Enhance your wellbeing with a physically and spiritually uplifting naturist massage, by genuine, qualified, experienced, naturist male practitioner

Swedish Massage £50 – 1 hr (all welcome)

Also: Reiki, Pranayamareiki, Quodoushka Massage, Jade Gate (for all)

Taoist Massage (ladies-only) £160 – 2 hrs

Psychotherapy, NLP, Hypnotherapy, Coaching (clothed)

Bespoke treatments for you, the individual, to enhance your life

Jon: **0798 62 62 611**
www.life-enhancement.org

SOUTH YORKSHIRE PROMASSAGE

Naturist and tantric a speciality

Mature, slim, blonde, fully qualified female masseuse invites you to relax in peaceful, tranquil surroundings while indulging in a sublime sensual massage of your choice. Choose from a range of sensual naturist tantric massages. Also a full range of holistic treatments and body waxing available.

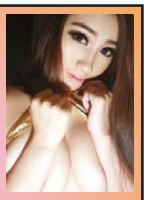
www.promassage.me.uk
0871 234 2587
(No withheld numbers)

RELAX AND UNWIND

Five-star massage in luxury surroundings. Attractive, sophisticated female masseuse gives high-class sensual/professional massage. Rural location, ample parking. Discreet. J9 M1. Call Amanda

07881 921814

LONDON



I'm Ada, a sweet young oriental lady. I offer sensual full-body massage for gentlemen only at my luxury apartment in the Canary Wharf area. I am 25, size 8, 34D-24-32 – visit me, you won't regret it. Open: 11am-11pm

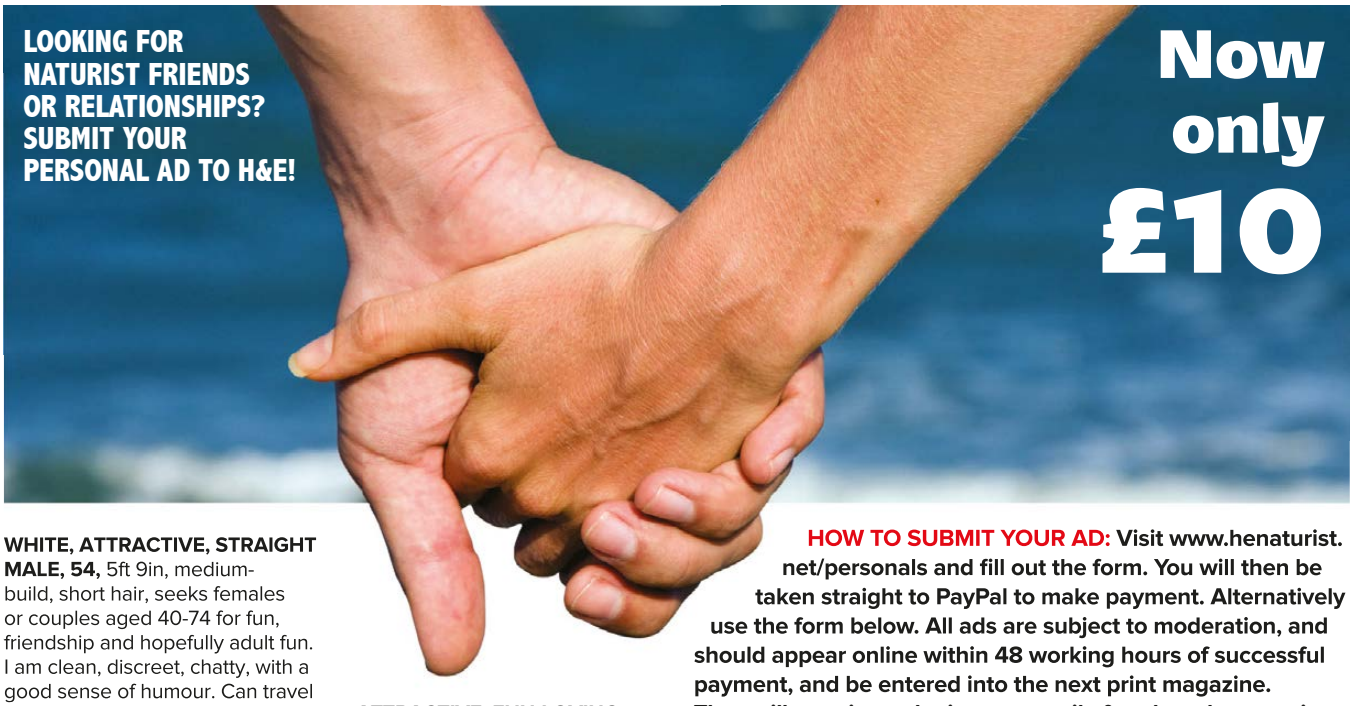
07466 564229
(South Quay, Canary Wharf, cross harbour)
Please no texts or withheld numbers

Photography

IN SUPPORT of a wider diversity of quality photography in *H&E naturist* – patrickphotos.co.uk

Tradesmen

NATURIST ELECTRICAL & PLUMBING SERVICES
also Telephone Line Problems
North Muskham, Newark
Over 25 Years' Experience
No Job Too Small
Call Russell On 01636 676891
Also advertise in *The Bramley*, *The Fleet*, *Swinderby Linkup*, *Contact Magazine*, *The Unity* and *The Long Bennington & Foston News*



WHITE, ATTRACTIVE, STRAIGHT MALE, 54, 5ft 9in, medium-build, short hair, seeks females or couples aged 40-74 for fun, friendship and hopefully adult fun. I am clean, discreet, chatty, with a good sense of humour. Can travel or accommodate – distance no problem. Based in north London. Call Thomas on 07516 533 735.

WE ARE A HAPPILY MARRIED COUPLE with a new-found desire to find a mature and discreet lonely naturist gentleman to correspond with. This might lead to a discreet and respectful friendship and occasional meetings. Non-promiscuous, like us, would be essential so replies from a genuine person only please. daviespete01@gmail.com

PROFESSIONAL COUPLE (F49 M55) looking to meet other couples/groups/families for naturist socialising at home parties, spas, clubs etc. 2withoutclothes@gmail.com

LONELY MATURE NATURIST MALE (widower), late 60's, WLTM similar female to join as an all-free travelling companion on 3-week caravanning holiday to Koversada, Croatia (van on site 10yrs). I will be travelling by car as usual so you can be collected from anywhere. For full details please phone 07818 077 801

NATURIST MALE, 53, 5ft 7in, strong build, looking for couple/female for naturist walks and activities. Cumbria. Pictink@gmail.com

MALE, RECENTLY RETIRED PROFESSIONAL, slim, fit, active; enjoys independent lifestyle – naturism, walking, camping. Also discreet part-time CD/TV. WLTM males, females, couples for friendship and fun. Own home – can travel or accommodate: eastern counties. Please contact Steve: 01379 650284 or 07864 516 468.

ATTRACTIVE, FUN-LOVING CHRISTIAN LADY IN HER SIXTIES, mother and grandmother, seeks similar-aged male who loves walking beaches, sunshine and travel, fit, active, professional and healthy. Contact shalomhelenuk@gmail.com (Surrey/Hants)

STRAIGHT NATURIST MALE, 60, fit, easygoing, seeks female/couple for friendship/playmates, for fun times indoors or out, can travel or accommodate. Live J9, M5. Text me 07787 941 618.

GENTLEMAN would like friendship with another gent aged 71-82. Interests: garden, music, theatre, the outdoors. I am easy to get on with. Please write to me at 8 Leanway, Saltash, Cornwall PL12 4SU, or phone 01752 514 998.

BLACKPOOL/FYLDE COAST/LANCS Single mature male, 60s, slim/medium build. Looking to meet a lady, couple or group, to share the naturist way of life and mutual interests, ie, swimming, dinner parties, holidays etc., on a regular basis. Contact me on 07981 901518 or BplGuy@hotmail.co.uk

All personal ads now cost just £10 (including VAT) for a month's insertion into *H&E*. Please see the Media Pack for details of print deadlines (www.henaturist.net/media-pack/).

HOW TO SUBMIT YOUR AD: Visit www.henaturist.net/personals and fill out the form. You will then be taken straight to PayPal to make payment. Alternatively use the form below. All ads are subject to moderation, and should appear online within 48 working hours of successful payment, and be entered into the next print magazine. They will remain on the internet until after the relevant print issue has been taken off sale (so about 4-6 weeks online depending on when you book).

Advertisers and respondents MUST be genuine and courteous, and no adverts of an offensive or overtly sexual nature will be allowed. Please also note this page is for personal ads (people seeking friendship or relationships) only – NO ads offering massage (paid or otherwise), business ads or people providing any paid services to customers. Refunds will be issued for rejected ads.

PERSONAL ADS SUBMISSION FORM

YOUR NAME: .....
YOUR ADDRESS: .....
.....

WRITE YOUR AD HERE (50 words max, continue on separate sheet if necessary) – don't forget contact details!: .....
.....
.....
.....
.....
.....
.....

❑ **Tick if you would like a complimentary copy of *H&E***

PAYMENT OPTIONS (tick one)

❑ ***Payment by credit/debit card***
I authorise you to charge my card account the total sum of £10

Signature.....

Card no.
❑❑❑❑ ❑❑❑❑ ❑❑❑❑ ❑❑❑❑

Valid from ❑❑ / ❑❑ **Expiry date** ❑❑ / ❑❑

Security code ❑❑❑

❑ ***Payment by cheque/postal order***
I enclose a cheque or postal order made payable to HAWK EDITORIAL LTD to the total value of £10.

Post to: H&E Personals, Hawk Editorial Ltd, PO Box 545, Hull HU9 9JF.

SPAIN

ALICANTE BED & BREAKFAST

B&B £70 per room per night, including breakfast. S/C possible. Or 2 cabins £70 per night, including breakfast, no S/C.

Email: magsandhodge@yahoo.co.uk
Tel: Maggie (0034) 662 049 021
www.alicantenudists.com

Skinny Dippers MALLORCA

A unique rural retreat for discerning naturists

www.skinnydippersmallorca.com

Fuerteventura Sun Club

fully naturist

Infiniti

Apartments and Casa Villas with their own spas

Heated pool, spa, sauna, free Wifi and much much more

www.Fuerteventurasunclub.co.uk

PORTUGAL

COUPLES LIVING TANTRA RETREAT – PORTUGAL

5 days, 2 dates, 1 hellova holiday

Holiday with a twist at the Algarve's most luxurious naturist venue
Small, select, discerning group.
April 2016



www.living-tantra-retreats.com

UK

WEST HIGHLAND
Naturist guesthouse

Holiday let, camping, caravan
Double/single/twin rooms available

Contact us via www.westhighlandretreat.co.uk or phone **01687 470404**
(No withheld numbers)

SILVERLEIGH
NATURIST HOTEL & SPA
(Kent - Jnct3 M25 - Nr London)

TEL : 01474 853438

www.silverleigh.com

ALL WELCOME (18 yrs+)
SINGLES/COUPLES
PER NIGHT OR WEEKLY STAYS
IN HOUSE HEATED SWIM POOL, JACUZZIS, SAUNA, STEAM, LOUNGE
SNACKS/MAIN MEALS & GARDENS WHEN SUNNY

LONDON ROAD : WEST KINGSDOWN
TN15 6EX

YORK B&B

Superior non-smoking accommodation in warm friendly naturist home 5 miles from city centre.
Double bedroom with own bathroom and sitting room.
Extensive naturist garden.

Contact: Duncan and Hilary
07982 741952
(No withheld numbers)

AUSTRIA

AUSTRIAN ALPS

Super apartment available for fantastic mountain activities including skiing in winter season and summer nude hill walking as featured in H&E. Nearby naked spas and saunas.

www.saalbachapartment.com

DEADLINES

The deadline for the April 2016 issue is March 7 at noon. Phone 01482 342000

YOUR AD COULD BE HERE!

Call 01482 342000 or book online at www.henaturist.net/holaccom

All paid-for ads go on the H&E website free of charge

www.henaturist.net

Just ask! Don't miss out!

If you can't always find a copy of this magazine, help is at hand! Complete this form and hand in at your local store, and they'll arrange for a copy of each issue to be reserved for you. Some stores may even be able to arrange for it to be delivered to your home. Just ask!



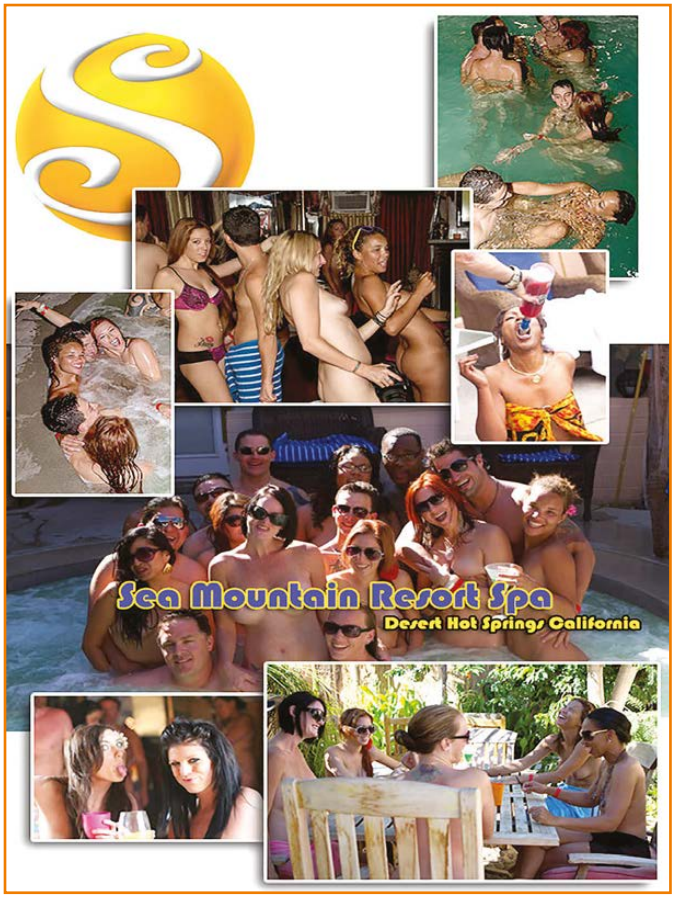
Please reserve/deliver my copy of *H&E naturist* on a regular basis, starting with issue _____

Title _____ First name _____
Surname _____
Address _____

Postcode _____
Telephone number _____

If you don't want to miss an issue...

Don't Miss Out Just ask! Your local newsagent to order this magazine



UK annual postal subscription STILL only £39

Includes FREE online access to digital magazine, featuring the latest page-turning technology, and also including large archive of back issues and extra photo galleries

We are offering all NEW subscribers and RENEWALS a limited back edition of your choice when you take out a 12-month postal subscription with H&E*



October 1992



November 1997



July 2003



August 2005

Please circle your choice. Subject to availability – copy of similar age may be substituted. To qualify, you must mention the back issue offer when ordering. If ordering online, email webmaster@henaturist.net with your choice of back issue.

UK subscription – 6 months: £25 ✷ 12 months: £39 ✷ 24 months: £73

Europe subscription – 6 months: £30 ✷ 12 months: £45 ✷ 24 months: £80

Rest of World subscription – 6 months: £35 ✷ 12 months: £53 ✷ 24 months: £95

Call the subscription hotline on 01778 395173 – open Mon-Fri 8am-6pm and Saturdays 9am-5pm, including bank holidays – or fill in the form and post to: Warners Subscription Services, West Street, Bourne, Lincs PE10 9PH

H&E naturist subscription form

Type of subscription: .....

Price: .....

Please start my subscription from (insert month):

.....

Mr/Mrs/Ms/Miss: .....

Address: .....

.....

Postcode: .....

Telephone: .....

! *If you would like access to the online edition, or would like your current access renewing, please give your* ***email address:***

.....

Payment by credit/debit card:

I authorise you to charge my card account the amount stated.

Signature: .....

Card no: ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Valid from ☐☐☐☐ Expiry date ☐☐☐☐

Security code ☐☐☐

Payment by cheque

I enclose a cheque made payable to Hawk Editorial Ltd to the total value of.....

Customers who are unable to pay in GBP add £7 to the total cost to cover bank charges

for full terms and conditions visit www.henaturist.net

DIRECT Debit ***For Direct Debit payments, see page 4***

FEBRUARY

28 Leap Year disco, Croft Country Club.

MARCH

4 Naked Bordon Skinny Dip, Garrison Swimming Pool at Bordon, Hants.
4-7 BN Blackpool Weekend.
16 Bristol Meet & Greet (clothed).
19 BN National Swim 2016, Aylestone Leisure Centre, Leicester.
20 BN Eastern Region AGM, Broadlands, Norfolk.
26 Les & Edna Ruby Wedding celebration, Croft Country Club.



HIGHLIGHT: Picnic in the Park, Croft Country Club, in June

APRIL

1 Naked Bordon Skinny Dip, Garrison Swimming Pool at Bordon, Hants.
10 Bare Burro 5K, Olive Dell Ranch, California.
20 Bristol Meet & Greet (clothed).
23 BN swim, WaterWorld, Stoke-on-Trent.
29-1 BN National Pétanque Tournament, Broadlands.
29-1 The Gathering 2016, Glenmorag Hotel, Dunoon.
30 'Allo 'Allo theme night, Croft Country Club.

MAY

7-14 BN members' holiday to El Portús, Spain.
13-15 Naturist weekend, Camp Katur, Bedale, North Yorkshire.
15 Naturist Foundation BH5k Run.
15 Little Orchard: Open Garden, Slad, Gloucestershire.
27-3 Nudestock VII, Candy Farm campsite, South Yorkshire.
28 Fairies, Pixies, Elves theme night, Croft.
28-29 Open weekend, Ashdene, West Yorkshire.
28-30 Naturist Foundation Spring Bash.

JUNE

4-5 BN Women in Naturism weekend.
15 Bristol Meet & Greet (clothed).
17-19 BN SW Weekend at Lower



HIGHLIGHT: The Gathering, Glenmorag Hotel, Dunoon, in April

23-26 Jazz and real ale festival, Naturist Foundation, Kent.
25 Picnic in the Park, Croft Country Club.

JULY

5-11 Nudefest 2016, Thorney Lakes Camping and Caravan Park, Langport, Somerset.



HIGHLIGHT: BH5k runs, Naturist Foundation, May and September

9 Ryedale Naturist Club event at Helmsley Walled Gardens.
22-31 Mee(h)r Erleben, naturist festival, FKK Camping Ostsee Rosenfelder, Germany.
23 70s & 80s theme night, Croft Country Club.
29-31 Party in the Stark, Naturist Foundation, Kent.

AUGUST

12-14 Solos weekend at Liverpool Sun & Air.
19-20 RAW 48 SANERs summer camp, Marthrown of Mabie, Dumfries.
27 Toga theme night, with hog roast, talent show and disco, Croft Country Club.
27 Splashdown swim, Dorset.
28 Studland Beach Day.

SEPTEMBER

2-4 Great British Skinny Dip, across the UK.
3 BN WaterWorld Swim, Stoke-on-Trent.
16-24 EuNat/INF South European Event, El Portús.
25 North East Skinny Dip, Druridge Bay, Northumberland.
25 Naturist Foundation BH5k Run.

OCTOBER

14-16 BN NatConv and AGM.

NOVEMBER

18-20 BN Alton Towers weekend.
16-20 35th World Congress of Naturism, Te Marua, Wellington, New Zealand.

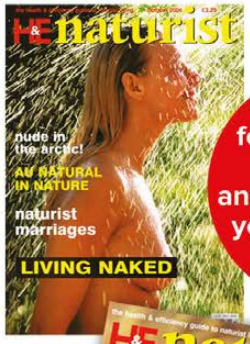
Get in touch!

If you would like your event listing here, email ***listings@henaturist.net***

PLEASE NOTE: Although every effort is made to ensure information is accurate when going to press, H&E cannot guarantee entry to any of the events above, and any changes or cancellations are beyond our control. Always contact the venue before travelling.

H&E Four back issues for just £10!





(selection shown as example only)

We choose four pre-2009 magazines and send them to you for just £10 including P&P*





BACK ISSUES ORDER FORM

YOUR NAME: .....
YOUR ADDRESS: .....
.....
.....

PAYMENT OPTIONS (tick one)

☐ Payment by credit/debit card
I authorise you to charge my card account the total sum of £10.

Signature.....

Card no. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐

Valid from ☐☐/☐☐ Expiry date ☐☐/☐☐

Security code ☐☐☐

☐ Payment by cheque/postal order
I enclose a cheque or postal order made payable to Hawk Editorial Ltd to the total value of £10.

To order, call **01482 342000**, or post this form to:
H&E naturist, Hawk Editorial Ltd, PO Box 545, Hull HU9 9JF.

P&P included in the UK; please add £2.50 for Europe and £5 for the rest of the world. Magazines chosen are a **random selection generally from 1990-2009 – guaranteed no duplicates within individual orders. We do not keep records of which magazines are sent to each customer, so if you have previously ordered this offer, include a note with your order specifying any magazines you do NOT wish to receive.*

© All authors and photographers retain individual copyright; all other content copyright Hawk Editorial Ltd. Please can any unacknowledged copyright holders get in touch. The opinions of individual writers are their own, and not of the publisher or editor. No part of this publication can be reproduced without prior permission of the publisher.

Managing editor
Sam Hawcroft
☎ 01482 342000
@ editor@henaturist.net

Postal subscriptions
☎ 01778 395173
@ hande@warnersgroup.co.uk
subscribeme.to/he-naturist
Warners Subscription Services, West Street, Bourne, Lincolnshire PE10 9PH

Online subscriptions
@ webmaster@henaturist.net
subs.henaturist.net

Advertising
☎ 01482 342000
@ advertising@henaturist.net

Publisher
Hawk Editorial Ltd
PO Box 545, Hull
HU9 9JF
VAT: GB141106466
☎ 01482 342000

Distributor
Comag
☎ 01895 433777

Distribution manager
Steve Tiernan
distribution@henaturist.net

Printers
Buxton Press Ltd
Palace Rd, Buxton, Derbyshire
SK17 6AE
www.buxtonpress.com

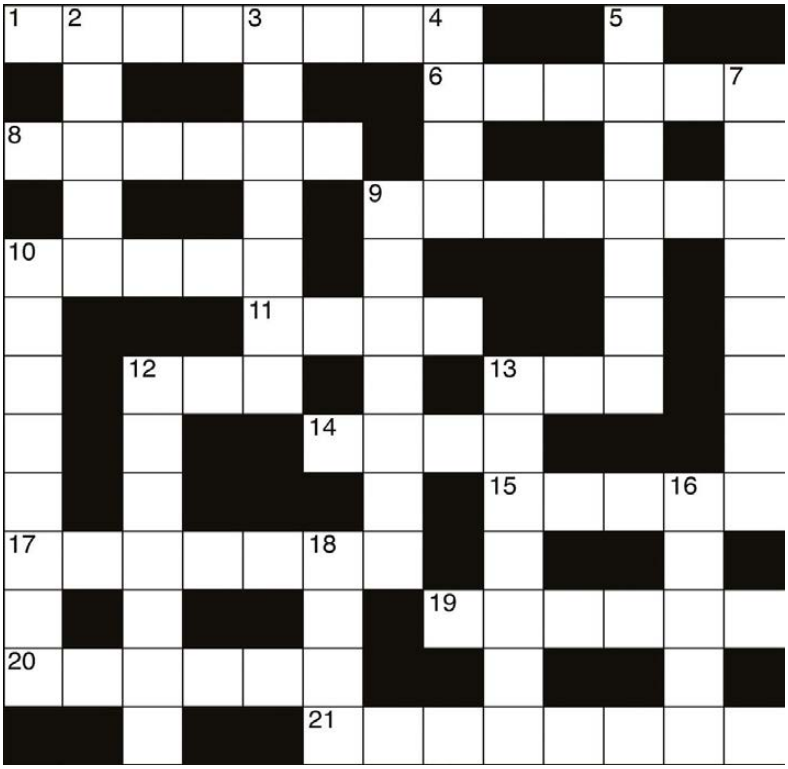
Advertisers' Index

Acorns 7
Casa Cruz 49
Chalfont Holidays 79
Clover Spa 80
Costa Natura 27
Croft Country Club 7
Eagle Peak 11
Forever Living 47
Gran Hotel Natura 31
It's Natural 11
Nudism Lifestyle 33
NuNude 65
NUSA SUN 63
Oböna 41
Parafotos 23
Sea Mountain Inn 73
Silverleigh 65
Southleigh Manor 27
World Naturist Congress 48

SUDOKU

		8						4
3		2				6		
	4	7			1		5	
8	9			7				
			4		5			
				6			9	3
	8		2			1	4	
		1				5		8
4						2		

CROSSWORD by Tiger



ACROSS

1 The letters of a language (8)
6 Mouse, or rat, for instance (6)
8 Kidney-shaped nut (6)
9 1958 Alfred Hitchcock film starring James Stewart (7)
10 Ballroom dance (5)
11 Mongrel (4)
12 Fish eggs (3)
13 In golf, short peg on which the ball is placed (3)
14 Casa ...., new Andalucian naturist retreat (4)
15 Foreign, strange, extraterrestrial even (5)
17 Type of winch found on a ship (7)
19 Really dirty (6)
20 Large cricket-like insect that makes a high-pitched drone (6)
21 ..... Valley, US naturist resort where Chris Moore meets couple John and Judy (8)

DOWN

2 Long-necked mammal related to the camel (5)
3 Nickname of wood carver James, as featured in this month's NUSA SUN column (7)
4 One of the yoga poses Steve Loxley practised while working on the land in Portugal (4)
5 Algarve beach near Cape St Vincent, mentioned by Rayner Otter this month (7)
7 Is this island one of the world's smallest 'countries'? It gets a two-star rating in *Nude Atlas* this month (8)
9 Ex-serviceman (7)
10 Of or relating to the chest (8)
12 *Body* ....., health and nutrition book reviewed by Theresa O'Shea (7)
13 Wife of a historical Russian ruler (7)
16 Disposition, character, or values of a person, people, culture or movement (5)

CROSSWORD SOLUTION:
FEBRUARY 2016



Chalfont Holidays

Specialising in Naturist Holidays since 1998



The UK's No. 1 Naturist Tour Operator

Chalfont Holidays is now part of the Eton Travel Group. We offer an outstanding service to provide you with a memorable tailor-made naturist experience. Here is a sample of our destinations. Please enquire about others

FRANCE
Cap d'Agde
Origan Village

SPAIN & BALEARICS
Vera Playa
El Portus
Costa Natura
Finca Natura
Naturplaya
Skinny Dippers

CORSICA
Bagheera
Corsica Natura
Club Corsicana
Riva Bella
La Chiappa

GREECE
Vritomartis
Vassaliki Naturist Club
Hotel Panorama
Naturist Angel

CANARY ISLANDS
Charco Del Palo
Monte Marina
Infiniti
Magnolias Natura
Gran Hotel Natura

CROATIA
Valalta
Koversada
Solaris

AMERICAS
Club Orient - Saint Martin
Hidden Beach - Mexico
Cypress Cove - Florida
Bare Oaks – Canada
The Natural – Curaçao

GROUP HOLIDAYS
El Portus
Naturplaya
Charco del Palo

SPA & CITY BREAKS
Rotterdam
Berlin
Clover Spa & Hotel

NATURIST CRUISES
Katarina Line - Croatian Coast
Bare Necessities - Caribbean, Mediterranean, Southern Europe.
Balearic Islands

Proud To Sponsor

BN

NATUNION INTERNATIONAL
www.natunion-international.com

www.chalfontholidays.co.uk
01753 740176

ABTA 27465

ATOL 2824 PROTECTED



Free 1 hour massage...

...with all 3 night breaks at CLOVER SPA

PRICES RANGE FROM **£240 TO £410** FOR 3 NIGHTS, FOR TWO PEOPLE - **INCLUDING BREAKFAST (IF YOU BOOK DIRECT) AND FULL SPA USE.**

THIS OFFER CAN BE TAKEN AT ANYTIME - **INCLUDING** BANK HOLIDAY WEEKENDS, SUBJECT TO AVAILABILITY, **SO BOOK EARLY TO AVOID DISAPPOINTMENT!**

PLEASE QUOTE "**HES"** WHEN BOOKING TO TAKE ADVANTAGE OF THIS SPECIAL OFFER.

ALSO 4 FABULOUS SPA DAY PACKAGES AVAILABLE EVERY DAY - JUST CALL FOR DETAILS.

Book now or Enquire on **0121 350 6836**

cloverspa.co.uk

759 Chester Road, Erdington, Birmingham, B24 OBY

Clover Spa & Hotel

@cloverspa

CLOVER SPA & HOTEL

LUXURY UNCOVERED